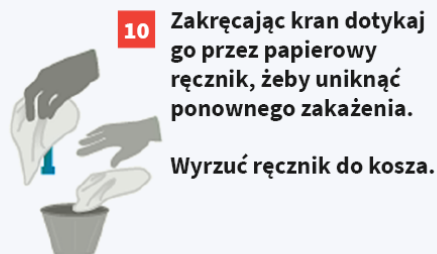
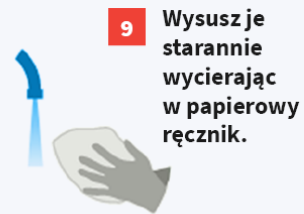
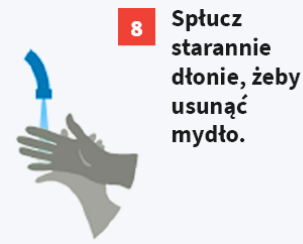
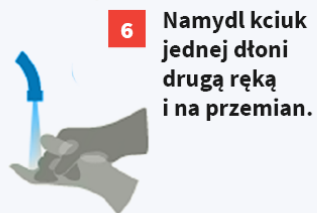
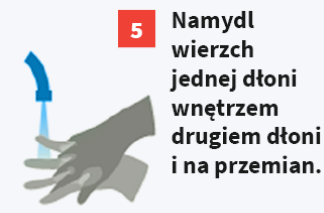
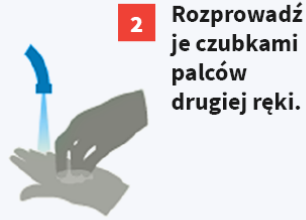


# Jak skutecznie myć ręce?



Całkowity czas:  
15-30 sekund

## Pamiętaj:

Regularnie używaj kremu nawilżającego do rąk, żeby uniknąć pęknięcia naskórka.

## Nie zapomnij umyć tych obszarów:

