



# FASE-LIMAN

**HAU NIA OBJECTIVU:**  
iha liman ne'ebé mós no  
prevene propagasaun ba  
germes



Special Olympics  
**Health**  
FOUNDATION  
MADE POSSIBLE BY **Golisano**

## Fase-Liman ne'e importante tan-ba...

☾ Fase ita nia liman ho sabaun regularmente no be bele proteze ita hosi moras ne'ebé kauza hosi Virus no bakteria.

☾ Ida ne'e mak dalan daik liu hodi hapara propagasaun ba germes.



## 6 PASU FASIL IDA HODI HAMOS LIMAN



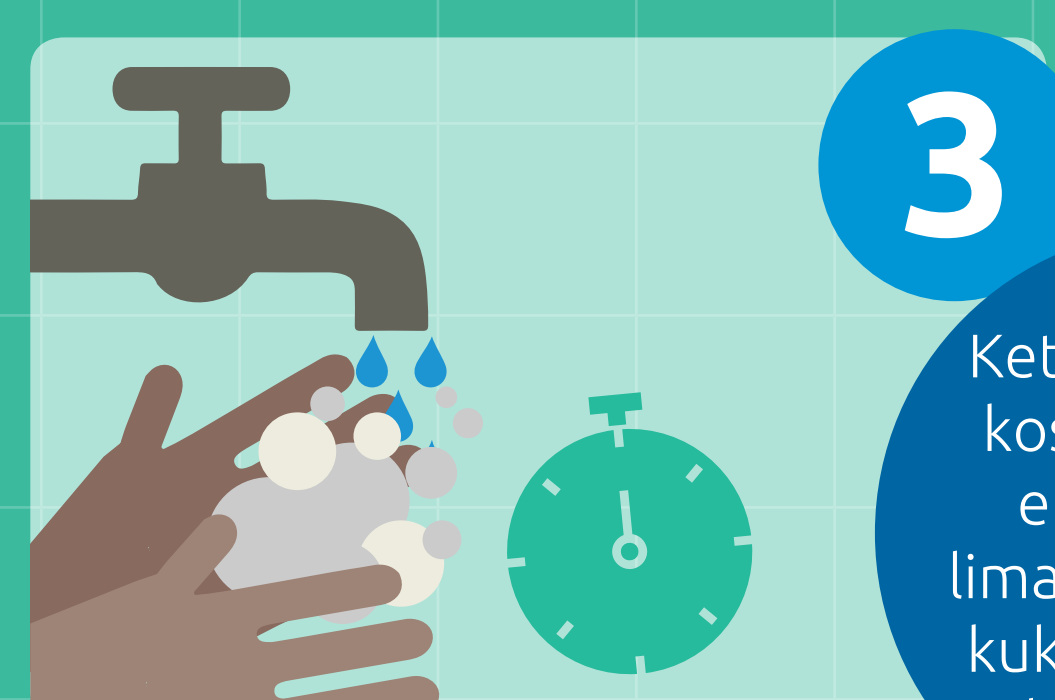
1

HAMARAN ITA NIA LIMAN



2

APLIKA SABAUN



3

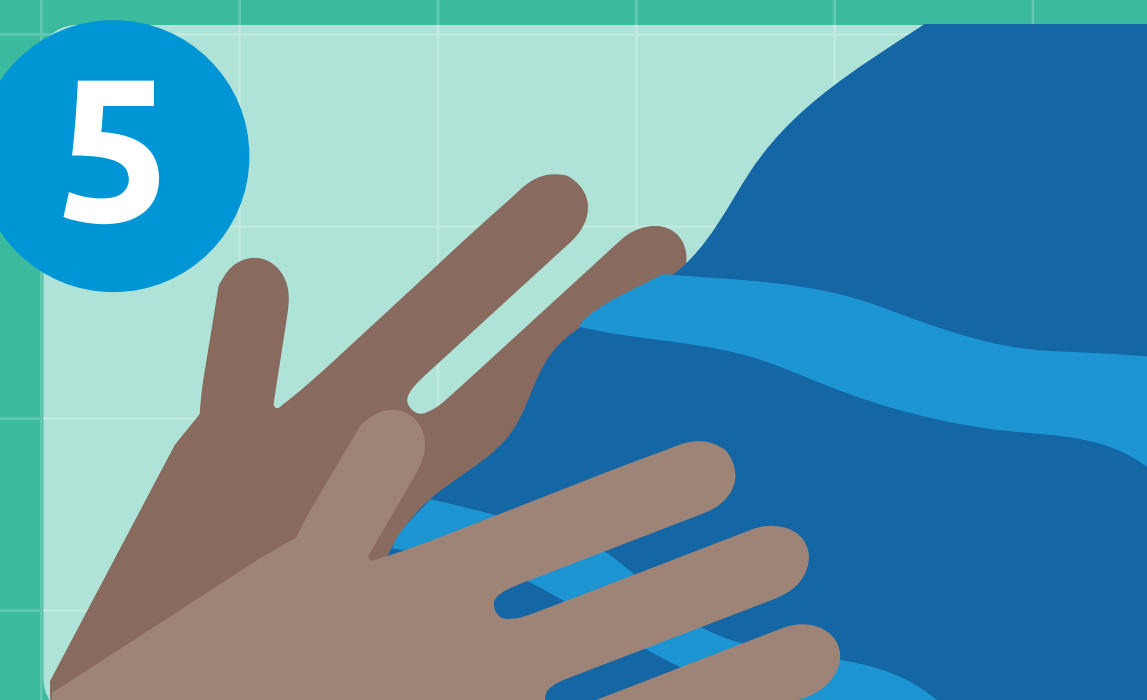
FASE ITA NIA LIMAN DURANTE 20 SEGUNDUS

Keta haluha atu kose ka hamos entre ita nia liman fuan, liman kukun, no liman laran ka liur



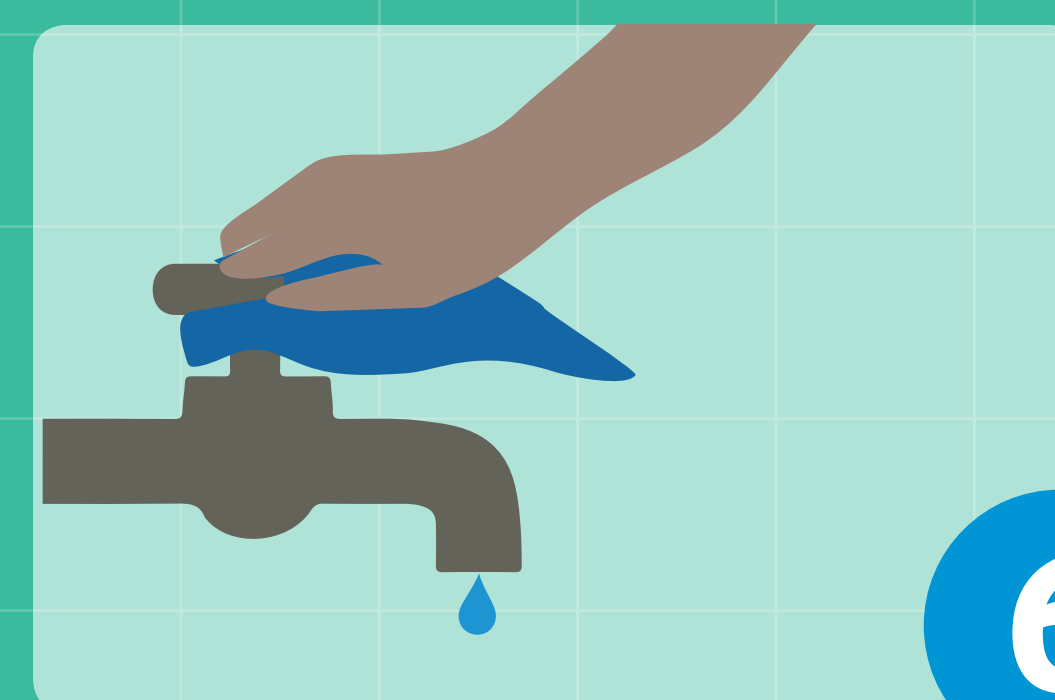
4

HAMOS TO'O MO'OS



5

HAMARAN ITA NIA LIMAN



6

HAMATE BE HO SURAT TAHAN TOWEL

## BAINHIRA MAK FASE ITA NIA LIMAN

- ☾ Depois uza sentina
- ☾ Antes prepara, kaer, ka han hahan
- ☾ Depois halimar ho animal sira
- ☾ Depois pratika o nia desportu
- ☾ Depois mear, fanin ka hu ita nia inus ka ibun

## OINSA MAK HAU BELE HATENE KARIK HAU FASE HAU NIA LIMAN BA 20 SEGUNDUS?

Hananu Happy birthday ba o nia an rasik dala-Rua

**KA**  
hananu muzika alfabetu ba o nia an rasik

