

» Wash Your Hands!

If you handle food, you **must** wash your hands often!

Hand washing is the best way to prevent the spread of infection.

Why?

- Your hands may look clean, but they have germs
- Washing your hands helps keep you and your customers from getting sick
- **It's the law!**

Use new gloves!

- Every time you wash your hands
- When a glove is torn or soiled



When?

- When arriving at work
- After using the bathroom
- After smoking
- After sneezing
- After touching your hair, face, or clothing
- After eating or drinking
- After taking off or before putting on a new pair of gloves
- Before handling food, especially ready-to-eat foods like salads and sandwiches
- After handling garbage
- After handling dirty equipment, dishes, or utensils
- After touching raw meats, poultry, or fish
- Anytime you change tasks (go from one thing to another)

How?



1

Wet your hands with warm, running water

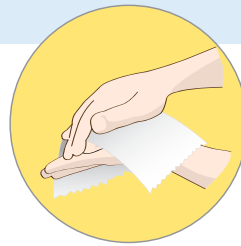
Lather with soap



2

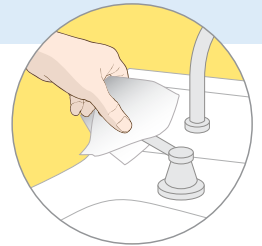
Scrub between fingers, on backs of hands, and under nails

Wash at least 10-15 seconds, as long as it takes to sing "Happy Birthday"



3

Dry hands with single-use paper towels or electric hand dryer



4

Use a paper towel to turn off the water

