

HANDWASHING

is the best way to prevent the spread of infection.

You're at work—You're busy.

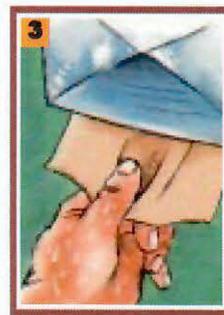
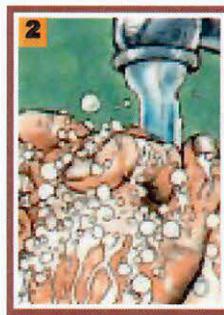
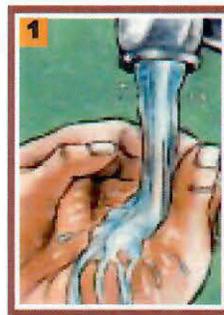
Your hands look clean—But, they're not.

Your hands have germs on them that could make someone sick.

You could get sick—Your family could get sick—Your customers could get sick.

If you handle food, you must wash your hands often.

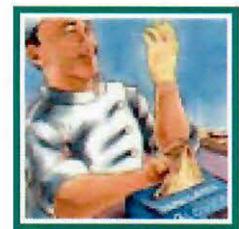
WHEN should you wash your HANDS?



- ◆◆ When arriving at work◆
- ◆◆ After using the bathroom◆
- ◆◆ After smoking◆
- ◆◆ After sneezing◆
- ◆◆ After touching your hair, face, 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,◆ and fish◆
- ◆◆ Anytime you change tasks – go from◆ one thing to another

HOW should you wash your HANDS?

- ◆ Wet your hands with warm running water.
- ◆◆ Lather with soap and scrub◆ between fingers, on the backs◆ of your hands, and under◆ nails. Wash for at least 20◆ seconds, or as long as it takes◆ to sing 'Happy Birthday' to◆ yourself twice.◆
- ◆◆ Dry hands. Use single-use◆ paper towels or electric hand◆ dryers.◆
- ◆◆ Use a paper towel when you◆ turn off the tap.◆



GLOVES should be changed:

- ◆◆ Anytime you would◆ need to wash your◆ hands (see left)◆
- ◆◆ When they are torn◆ or soiled◆