WASH YOUR HANDS

Your hands may look clean—but they’re NOT!
Germs on your hands can make you, your co-workers, customers and family sick!

Wash your hands:

- When arriving at work
- After using the toilet or changing diapers
- Before and after eating, drinking or smoking
- After coughing, sneezing or blowing your nose
- After touching your hair, face, clothing
- Before, during and after preparing food
- After touching raw meats, poultry and seafood
- After playing or working outside
- After handling dirty equipment, dishes or utensils
- After handling garbage, cleaning chemicals, or dirt
- After handling pets, animals or animal waste
- Anytime you change tasks—going from one task to another

How to Wash Your Hands

- Wet hands
- Apply soap
- Scrub briskly for 20 seconds, especially fingertips, nails and between fingers.
- Rinse well
- Dry with a paper towel
- Use paper towel to turn off the faucet