Wash Your Hands

Germs on your hands can make you, your co-workers, your customers, or your family sick.

WASH YOUR HANDS:

1. When arriving at work

2. AFTER:
   - using the toilet
   - coming in from the fields
   - coughing, sneezing, blowing your nose, or touching your face
   - working with dirty equipment, manure, chemicals, garbage, or animals

3. BEFORE & AFTER:
   - handling produce in the field or packing house
   - eating, drinking, chewing gum, or smoking

4. Anytime your hands are dirty