

Wash Your Hands Often!

You should wash...

- When arriving at work
- After using the restroom
- Before putting on new gloves
- Before preparing or handling food
- After coughing or sneezing
- After using tobacco
- After eating or drinking from an open container
- After handling dirty equipment, dishes or utensils
- After handling uncooked eggs or meats
- After handling garbage

How to wash...

- Rinse your hands under clean, warm, running water at the hand wash sink.
- Lather with soap and scrub between the fingers, on the back of the hands and around the fingertips for at least 15 seconds.
- Rinse soap off your hands under clean, warm running water.
- Dry hands with a paper towel or air dryer.
- Use a paper towel to turn off the water faucet.



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