

Wash Hands

HOW

Wet
warm water

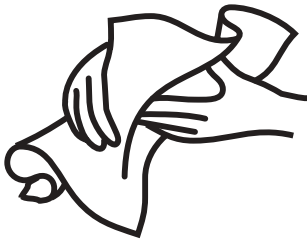


20 seconds

Rinse



Dry



WHEN

Wash your hands before you touch food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other food from animals
- ▶ interrupt your work with food (such as answering the phone, opening a door or drawer)
- ▶ smoke
- ▶ touch dirty plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough
- ▶ change diapers
- ▶ touch pets

Use soap to scrub your hands.

Use a clean cloth or paper towel to dry your hands.