Wash Hands

HOW





20 seconds





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.

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