

KEEP YOUR HANDS CLEAN

Wash hands thoroughly:

BEFORE

- ✓ Beginning work

WHENEVER

- ✓ You switch from handling one food to handling another

AFTER

- ✓ Using the toilet
- ✓ Eating or smoking
- ✓ Handling garbage, or soiled utensils and dishes
- ✓ Coughing or sneezing
- ✓ Touching your face or hair
- ✓ Touching anything that is not clean



HAND WASHING TECHNIQUE

- ✓ Wet your hands with warm water.
- ✓ Use soap to build up a good lather.
- ✓ Wash both hands thoroughly, up to the elbows for at least 20 seconds.
- ✓ Use a nail brush to scrub nails.
- ✓ Rinse thoroughly.
- ✓ Dry with disposable towels.

