WHEN AND HOW TO WASH YOUR HANDS

You Should Wash Your Hands:

- Before you begin a task
- After you use the restroom
- Before and after you handle raw meat, poultry, and seafood
- After you touch your hair, face or body
- After you sneeze, cough, or use a tissue
- After you smoke, eat, drink or chew gum or tobacco
- After you use chemicals that might affect the safety of food
- After you take out the garbage
- After you clear tables or bus dirty dishes
- After you touch your clothes or apron
- After you touch anything that may contaminate your hands

The whole process should take approximately twenty seconds.

1. Wet your hands with running water as hot as you can comfortably stand (at least 100˚F/85˚C).
2. Apply soap.
3. Vigorously scrub hands and arms for at least ten to fifteen seconds. Clean under fingernails and between fingers.
4. Rinse thoroughly under running water.
5. Dry hands and arms with a single-use paper towel or warm-air hand dryer. Use a paper towel to turn off the faucet. When in a restroom, use a paper towel to open the door.