

# 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.**

