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.

The leader in assuring a healthy