Wash Your Hands!

Why?
- Your hands may look clean, but they have germs
- Washing your hands helps keep you and your customers from getting sick
- It’s the law!

When?
- When arriving at work
- After using the bathroom
- After smoking
- After sneezing
- After touching your hair, face, or clothing
- After eating or drinking
- Before handling food, especially ready-to-eat foods like salads and sandwiches
- After handling garbage
- After handling dirty equipment, dishes, or utensils
- After touching raw meats, poultry, or fish
- Anytime you change tasks (go from one thing to another)

Use new gloves!
- Every time you wash your hands
- When a glove is torn or soiled

How?
1. **Wet** your hands with warm, running water
2. **Scrub** between fingers, on backs of hands, and under nails
3. **Dry** hands with single-use paper towels or electric hand dryer
4. **Use** a paper towel to turn off the water

If you handle food, you **must** wash your hands often!

Hand washing is the best way to prevent the spread of infection.