Wash Your Hands!

Washing your hands with soap and water can decrease outbreaks of foodborne illness because it can prevent spreading germs from your hands to food.

How?

Wet hands with clean, running water, and apply soap.

Lather hands (palms, backs, below nails, between fingers, around thumbs) by rubbing them together with the soap.

Scrub hands for at least 20 seconds.

Rinse soap off hands under clean, running water.

Dry hands well using a towel or an air dryer.

When?

After eating, coughing, sneezing, or using a tissue

Before, during, and after preparing food

After using or assisting someone in the restroom

After touching an animal, animal feed, or animal waste

After handling dirty equipment or garbage

Visit [www.foodworkers.com](http://www.foodworkers.com) for additional handwashing tips.