**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?

1. **Wet** hands with clean, running water, and apply soap.
2. **Lather** hands (palms, backs, below nails, between fingers, around thumbs) by rubbing them together with the soap.
3. **Scrub** hands for at least 20 seconds.
4. **Rinse** soap off hands under clean, running water.
5. **Dry** hands well using a clean towel or an air dryer.



When?

* Before, during, and after preparing food
* After eating, coughing, sneezing, or using a tissue
* 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 for additional handwashing tips.