

Clean Hands for Clean Foods

Proper Handwashing:

- **Use soap and water.**
- **Rub your hands *vigorously* as you wash them.**
- **Wash *ALL* surfaces, including:**
 - back of hands
 - wrists
 - between fingers
 - under fingernails,
using a good brush
- **Rinse your hands well.**
- **Dry hands with a paper towel.**



Turn off the water using a paper towel instead of your bare hands.

Wash your hands like this before you begin work and frequently during the day, especially after performing any of these activities:

- Using the toilet
- Handling raw foods
- Coughing or sneezing
- Smoking
- Touching hair, face or body
- Handling soiled items
- Scraping tableware
- Disposing of garbage