

WASH YOUR HANDS



WET HANDS



SOAP & LATHER
(20 SEC.)



RINSE



TOWEL DRY



TURN OFF TAP
WITH TOWEL

Always wash your hands **BEFORE:**

- Handling ready-to-eat foods
- Starting work
- Preparing food
- Eating
- Handling clean utensils, silverware, plates

Always wash your hands **AFTER:**

- Handling raw foods, especially meat and poultry
- Eating or smoking
- Taking out the garbage
- Cleaning food preparation areas
- Cleaning washrooms
- Sneezing, coughing, or blowing your nose
- Going to the washroom
- Touching your hair, face or body
- Touching anything else that may contaminate hands (*including money*)
- Petting an animal



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