

WHEN TO WASH YOUR HANDS

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HANDWASHING HELPS PREVENT FOODBORNE ILLNESS



Wash Hands **FREQUENTLY** and **EFFECTIVELY**

- ✓ 20-second wash
- ✓ Adequate soap
- ✓ Warm water
- ✓ Use paper towel to dry



Keep Handwashing Sinks Accessible **AT ALL TIMES**



Wash Hands at **APPROPRIATE TIMES**

- ✓ Before donning gloves
- ✓ In between tasks

Wash Hands **AFTER**

Smoking, Eating, or Drinking	Handling Raw Food	Cleaning or Handling Garbage	Using a Tissue	Going to the Restroom