Wash your hands

to keep from getting sick and to prevent the spread of germs

1 Wet hands. Use warm water if available.

2 Apply soap.

3 Lather for 20 seconds and scrub thoroughly.

4 Rinse well under running water.

5 Dry hands with a paper towel or warm air blower.

6 Turn off the faucet with a paper towel, if available.

Always wash your hands:

- Before and after you prepare or eat food.
- After you use the bathroom or change diapers.
- After you sneeze, cough or blow your nose.
- Before and after tending to someone who is sick.
- Before and after you treat a cut or wound.
- After handling an animal or animal waste.
- After you handle garbage.

If soap and water are not available, use an alcohol-based hand cleaner. Check the label to be sure the product contains at least 60% alcohol.

- Apply product to the palm of one hand.
- Rub the product over all surfaces of hands and fingers until hands are dry. Do not use paper towels or warm air blower.

NOTE: Warm air blowers and alcohol gels are not approved in food operations.

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