



WASH THOSE HANDS !



- ◆ **USE WARM WATER & SOAP FOR AT LEAST 20 SECONDS**
 - ◆ **RUB TOGETHER VIGOROUSLY AT LEAST 10-15 SECONDS**
 - ◆ **PAY PARTICULAR ATTENTION TO FINGERNALS**
 - ◆ **CREATE FRICTION ON SURFACES OF HANDS & ARMS**
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- **BEFORE STARTING WORK**
- **WHEN CHANGING TASKS**
- **AFTER USING THE BATHROOM**
- **AFTER BREAKS**
- **AFTER SMOKING, EATING, OR DRINKING**
- **AFTER TOUCHING ANY PART OF YOUR BODY OR CLOTHES**
- **AFTER CHANGING GLOVES**
- **TOUCHING DIRTY DISHES OR UTENSILS**
- **AFTER HANDLING RAW MEATS**
- **AFTER PICKING UP SOMETHING OFF THE FLOOR**
- **AFTER HANDLING TRASH**
- **AFTER USING WIPING CLOTHS**