

# Wash Hands

## HOW

Wet  
warm water

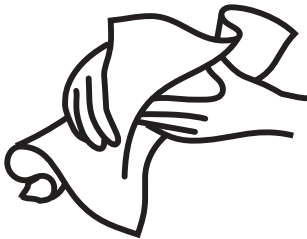


20 seconds

Rinse



Dry



## WHEN

**Wash your hands before you touch food or as often as needed.**

### Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other food from animals
- ▶ interrupt your work with food (such as answering the phone, opening a door or drawer)
- ▶ smoke
- ▶ touch dirty plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough
- ▶ change diapers
- ▶ touch pets

**Use soap to scrub your hands.**

**Use a clean cloth or paper towel to dry your hands.**