

# PREVENT FOODBORNE ILLNESS **WASH YOUR HANDS!**



**Wet hands with warm water**



**Apply soap and lather for 20 seconds,  
paying attention to area under nails**



**Rinse hands using warm running water**



**Dry hands using disposable  
paper towels**



**Turn off faucet with paper towel**

**REMEMBER to wash your hands...**

**BEFORE handling food, putting on disposable gloves, or waiting on tables**

**BETWEEN handling different types of raw foods, doing different jobs, loading dirty dishes,  
or unloading clean dishes**

**AFTER using the toilet, blowing your nose, touching your face or hair, coughing, eating,  
cleaning, bussing tables, or picking something up off the floor**



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