

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



**Wet hands with warm water**



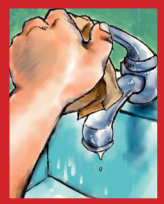
**Apply soap and lather for 20 seconds,  
paying attention to area under nails**



**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**



ST. CHARLES COUNTY DEPARTMENT OF  
**Community Health  
& The Environment**

1650 Boone's Lick Road • Saint Charles, Missouri 63301  
(636) 949-1800 • [www.scchealth.org](http://www.scchealth.org)