

WASH HANDS OFTEN!

It's the best way to **stop** the spread of disease!



**Wash your
hands for
20 seconds
with hot
soapy water!**

Wash Your Hands

BEFORE:

- Your shift begins
- Handling food
- Putting on clean gloves

AFTER:

- Using the toilet
- Handling raw foods
- Taking a break/smoking
- Coughing, sneezing, eating, drinking
- Cleaning/taking out trash
- As often as necessary to remove soil and contamination.

**AND ALWAYS USE
HOT SOAPY WATER**



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