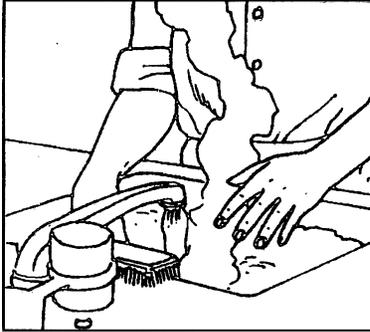
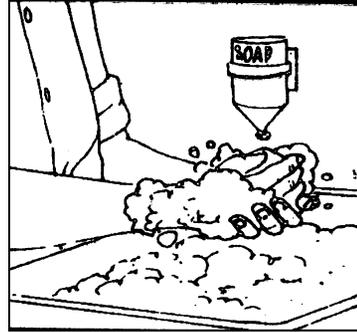


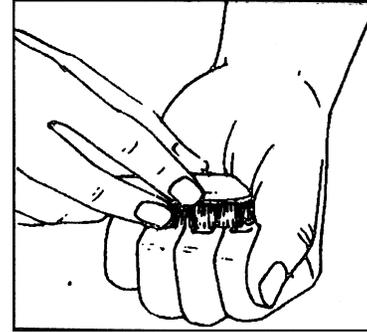
DIRTY HANDS SPREAD DISEASE



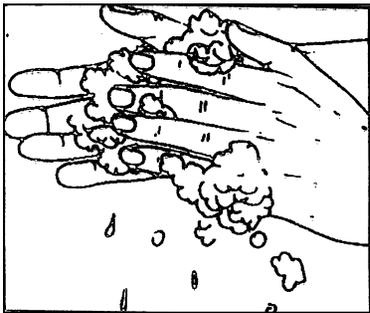
1. Use water as hot as the hands can comfortably stand.



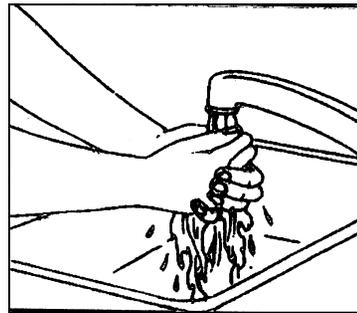
2. Moisten hands, soap thoroughly, and lather to elbow.



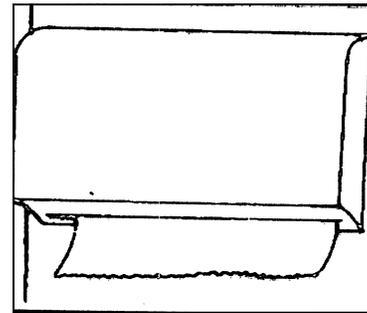
3. Scrub thoroughly, using brush for nails.



4. Rub hands together, using friction for 20 seconds.



5. Rinse thoroughly under running water.



6. Dry hands, using single-service towels or hot-air dryer.

WASH YOUR HANDS

After:

- ◆ Handling raw meat and poultry
- ◆ Eating
- ◆ Break
- ◆ Switching food types
- ◆ Smoking
- ◆ Using the bathroom
- ◆ Arriving at work
- ◆ Handling garbage
- ◆ Touching face or hair
- ◆ Handling money
- ◆ Blowing nose
- ◆ Handling soiled utensils or linens

Prior to and after:

- ◆ Using gloves in food preparation