

# WASH HANDS OFTEN

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

## Wash your hands BEFORE...

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

Wash your hands  
for 20 seconds with  
hot soapy water!

## Wash your hands 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



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Prevent. Promote. Protect.

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