Clean Hands for Clean Foods
Proper Handwashing:

- Use soap and water.
- Rub your hands *vigorously* as you wash them.
- Wash *ALL* surfaces, including:
  - back of hands
  - wrists
  - between fingers
  - under fingernails, using a good brush
- Rinse your hands well.
- Dry hands with a paper towel.

Turn off the water using a paper towel instead of your bare hands.

Wash your hands like this before you begin work and frequently during the day, especially after performing any of these activities:

- Using the toilet
- Handling raw foods
- Coughing or sneezing
- Smoking
- Touching hair, face or body
- Handling soiled items
- Scraping tableware
- Disposing of garbage