

You should wash your hands:

- Before you begin a task
- After you use the restroom
- Before and after you handle raw meat, poultry, and seafood
- After you touch your hair, face or body
- After you sneeze, cough, or use a tissue
- After you smoke, eat, drink or chew gum or tobacco
- After you use chemicals that might affect the safety of food
- After you take out the garbage
- After you clear tables or bus dirty dishes
- After you touch your clothes or apron
- After you handle money
- After you touch anything that may contaminate your hands



The process:



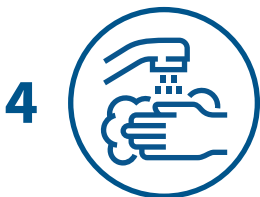
Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C)



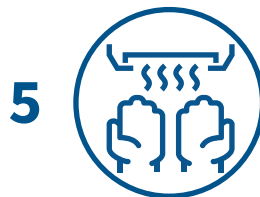
Apply enough soap to build up a good lather.



Vigorously scrub hands and arms for at least 15 seconds. Clean under fingernails and between fingers.



Rinse hands and arms thoroughly under running water.



Dry hands and arms with a single-use paper towel or warm-air hand dryer. Use a paper towel to turn off the faucet. Do not use your apron or any part of your uniform. When leaving the restroom, use a paper towel to open the door.

