

# Wash Your Hands

## STOP Disease Outbreaks

1. Use warm water
2. Wet hands and exposed arms up to the elbow
3. Apply hand soap
4. Rub hands and forearms briskly for 20 seconds
5. Rinse under warm water
6. Towel dry with disposable towels



Copyright © International Association  
for Food Protection

### WHEN to wash your hands to PREVENT spreading

- Before starting work
- Before putting on gloves
- After using the restroom
- After touching your hair, face, or body
- After eating, drinking, smoking, or touching chewing gum
- Upon entering a food prep area
- After working with raw food
- After cleaning or taking out garbage
- After touching anything that contaminates the hands
- Norovirus
- Salmonella
- Shigella
- E. coli 0157:H7
- Hepatitis A
- Staphylococcus aureus