Always Wash Your Hands

1. Before starting work
2. Before and after breaks for eating or smoking
3. After handling foods
4. After using the bathroom
5. After coughing, sneezing, or blowing your nose
6. After handling items that may be contaminated
7. After contact with a sick or injured person

**HAND WASHING Procedures**

1. Wet hands with running water.
2. Apply hand soap.
3. Rub hands vigorously together for at least 20 seconds including wrists and back of hands.
4. Rinse hands well under running water.
5. Turn off water using disposable towel if available.
6. Dry hands completely using disposable towels or air drying system. Use a clean disposable towel to open doors to prevent recontamination.