

WASH HANDS OFTEN!

It's the best way to **stop** the spread of disease.

Wash your hands...



**Wash your hands
for 20 seconds
with hot, soapy
water!**

Before:

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

After:

- Using the toilet
- Handling raw foods
- Taking a break / Smoking
- Coughing / Sneezing
- Eating / Drinking
- Cleaning
- Taking out the trash
- As often as necessary to remove soil and contamination.