

# WASH HANDS OFTEN

It's the best way to stop the spread of disease!

## Wash your hands BEFORE...

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

## Wash your hands AFTER...

- Using the toilet
- Handling raw foods
- Taking a break/smoking
- Coughing, sneezing, eating, drinking
- Cleaning/taking out trash
- As often as necessary to remove soil and contamination

Wash your hands for 20 seconds with hot soapy water!

