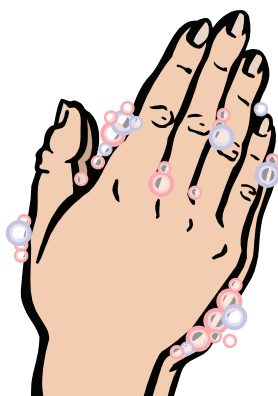


# HANDWASHING



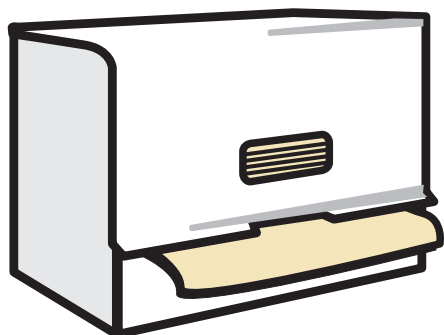
1. WET HANDS



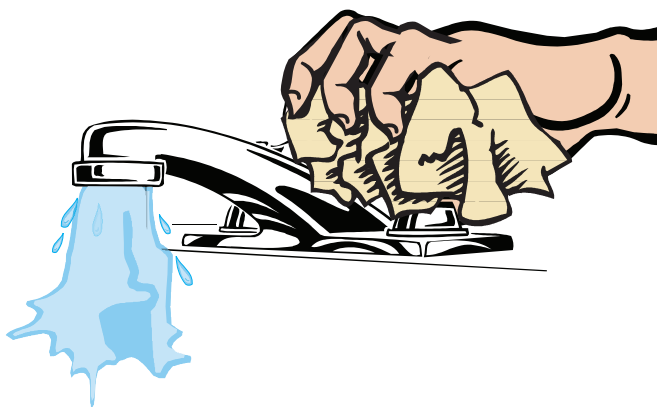
2. SOAP / LATHER (20 seconds)



3. RINSE



4. TOWEL DRY



5. TURN OFF TAP WITH TOWEL

## **ALWAYS** wash your hands before:

- Handling ready-to-eat foods
- Starting work
- Preparing food
- Eating
- Handling clean utensils, silverware and plates

## **ALWAYS** wash your hands after:

- Handling raw foods, especially meat and poultry
- Eating or smoking
- Taking out the garbage
- Cleaning food preparation areas (surfaces, equipment, plates and utensils)
- Cleaning washrooms
- Sneezing, coughing, or blowing your nose
- Going to the washroom
- Touching your hair, face or body
- Touching anything else that may contaminate hands (including money)

## **IF IN DOUBT, WASH YOUR HANDS!**

[www.ingoodhands.ca](http://www.ingoodhands.ca)

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