



WASH HANDS

HOW



WET HANDS

warm water



WASH

20 seconds



RINSE



DRY

WHEN

Wash your hands before you touch food or as often as needed.

Wash after you:

- touch animals, pens, bedding
- use the toilet
- touch uncooked meat, poultry fish or eggs or or other food from animals
- interrupt your work with food (such as answering the phone, opening a door or drawer)
- touch dirty plates, utensils or equipment
- take out trash
- touch your nose, mouth, or any part of your body
- sneeze or cough
- change diapers

Use soap to scrub your hands.

Use a clean cloth or paper towel to dry your hands.

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*Mom was right...
Don't get caught
with dirty hands!*



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