Wash Hands

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

**Wash after you:**

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

Use soap to scrub your hands.

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