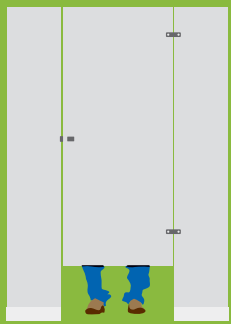
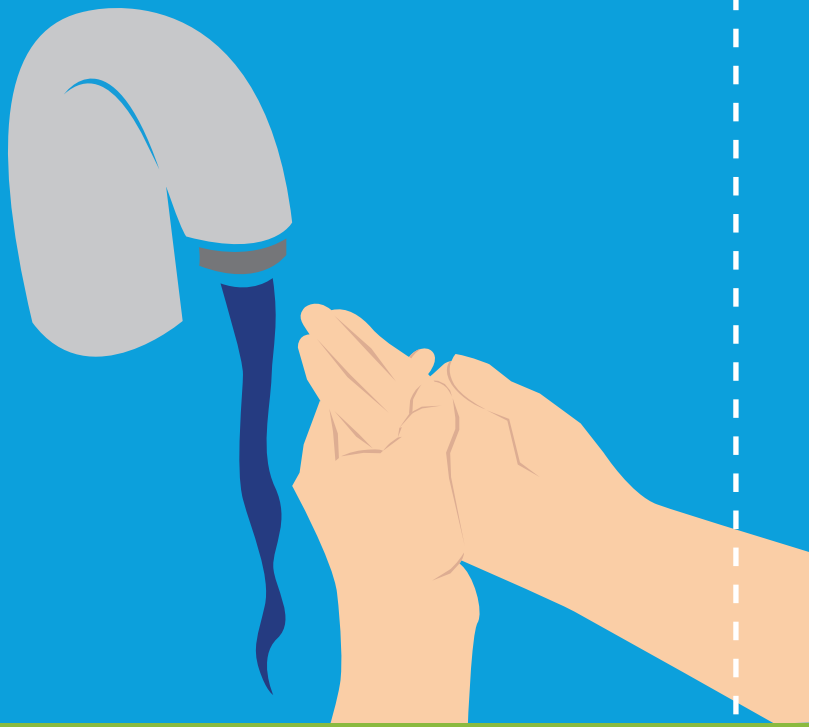


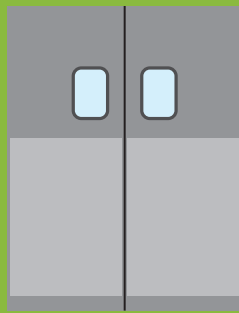
NATIONAL  
**FOOD SAFETY**  
 MONTH **2016**

# HAND WASHING

When it comes to personal hygiene, hand washing is one of the most important steps in preventing Norovirus and cross-contamination. It's also one of the easiest steps! Food handlers must make sure to wash their hands before starting work or after completing any of the following activities:



USING THE RESTROOM



LEAVING AND RETURNING TO THE KITCHEN/PREP AREAS



CLEARING TABLES OR BUSING DIRTY DISHES



TAKING OUT THE GARBAGE



HANDLING CHEMICALS THAT MIGHT AFFECT FOOD SAFETY



HANDLING RAW MEAT, POULTRY OR SEAFOOD



EATING OR DRINKING



TOUCHING CLOTHING, APRONS, HAIR, FACE OR BODY



HANDLING MONEY



SNEEZING, COUGHING OR USING A TISSUE

## 5 STEP PROCESS

# 00:20

To effectively wash your hands, simply follow this 5-step process (which should take at least 20 seconds):

1. Wet hands and arms
2. Apply soap
3. Scrub hands and arms vigorously for 10 -15 seconds
4. Rinse hands and arms thoroughly
5. Dry hands and arms with a single use paper towel or a hand dryer

