

ATTENTION ALL EMPLOYEES: WASH YOUR HANDS REGULARLY

HANDWASHING IS THE SINGLE MOST IMPORTANT ACTION TO
STOP SPREADING INFECTION AND DISEASE

**ALL EMPLOYEES
-MUST-
WASH HANDS
BEFORE RETURNING TO WORK**

**Wash your hands before work,
after using the restroom,
and after:**

- working with dirty dishes/utensils
- working with raw food
- sneezing or coughing
- smoking, eating or drinking
- after engaging in activities that contaminate the hands.
- handling pets
- touching lacerations/cuts, sores
- hands visibly soiled

You should...

- use soap and warm water
- rub hands for 20 seconds
- wash:
 - hand backs and wrists
 - between fingers
 - finger tips and under nails
- rinse your hands well
- pat dry with paper towel
- turn water off with paper towel

PROPER HANDWASHING GUIDELINES



CENTER FOR DISEASE EDUCATION
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