

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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