

# STOP

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

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**Use soap and warm  
water**

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**Rub hands for 20  
seconds**

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**Wash:**

- **Hand backs & wrists**
- **Between fingers**
- **Finger tips**
- **Under nails**

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**Rinse your hands well**

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**Pat dry with paper  
towel**

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**Turn water off with  
paper towel**

**HANDWASHING IS THE MOST  
IMPORTANT WAY TO PREVENT  
OUTBREAKS OF INFECTIOUS  
DISEASE IN THE WORKPLACE.**

Wash your hands regularly and 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 your hair, face, or body
- touching lacerations, cuts, or sores
- hands become visibly soiled