Hand Washing Guidelines

The most effective way to prevent disease transmission

Hand Washing

It's Only Natural

Naturally Wash Hands

Before...
- Preparing or eating food.
- And after tending to the sick.
- And after treating a cut or wound.

After...
- Use of toilet facilities.
- Diaper changing or cleaning up after a child who has gone to the toilet.
- Blowing your nose, coughing, or sneezing.
- Handling an animal or animal waste.
- Handling garbage.

Effective Hand Washing Procedures Include the Use of the Following:

- Wet hands with warm running water and apply soap.
- Rub hands together with soap vigorously for 20 seconds.
- Rinse hands well under running water.
- Dry hands using a paper towel or air dryer.
- Use paper towel to turn off faucet.

Practice Frequent Hand Washing!
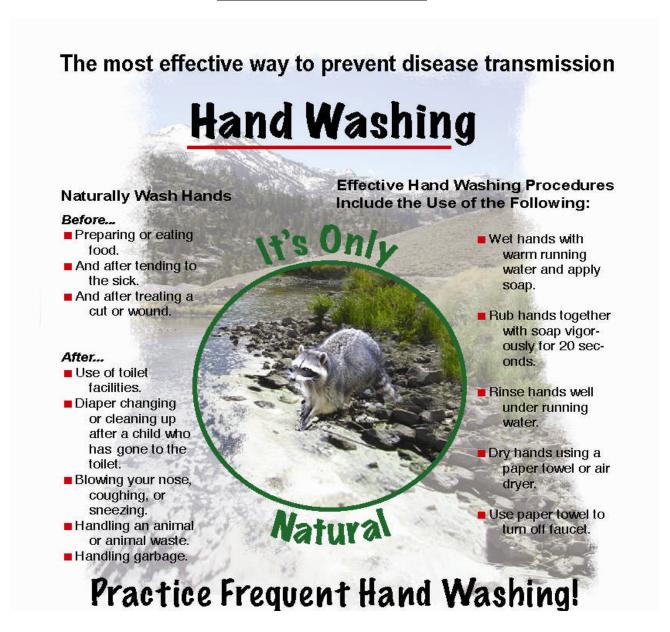
You may access the above document, and additional hand washing posters, and information via the below links:

http://www.nvfstf.org/FSTFDocs/2006/Handwash%20sign-101606Final.pdf

https://www.servsafe.com/foodsafety/resource/poster/index.aspx.

https://www.servsafe.com/Foodsafety/resource/downloads/posters_quizzes/poster_04.pdf.

WHEN AND HOW TO WASH YOUR HANDS

You Should Wash Your Hands:

- Before you begin a task
- After you use the restroom
- Before and after you handle raw meat, poultry, and seafood
- After you touch your hair, face or body
- After you sneeze, cough, or use a tissue
- After you smoke, eat, drink or chew gum or tobacco

- After you use chemicals that might affect the safety of food
- After you take out the garbage
- After you clear tables or bus dirty dishes
- After you touch your clothes or apron
- After you handle money
- After you touch anything that may contaminate your hands

The whole process should take approximately 20 seconds.

1. **Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).**

2. **Apply soap. Apply enough to build up a good lather.**

SOAP **PULL**

3. **Vigorously scrub hands and arms for at least 10 to 15 seconds. Clean under fingernails and between fingers.**

4. **Rinse hands and arms thoroughly under running water.**

5. **Dry hands and arms with a single-use paper towel or warm-air hand dryer. Use a paper towel to turn off the faucet. Do not use your apron or any part of your uniform. When leaving the restroom, use a paper towel to open the door.**

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