

# Handwashing

Is the best way to prevent the spread of infection

You're at work – You're busy

Your hands look clean – But, they aren't

Your hands have germs on them that could make someone sick.

You could get sick – Your family could get sick – Your customers could get sick.

If you handle food, you must wash your hands often.



1. Wet hands



2. Soap



3. Wash at least 20 seconds



4. Rinse



5. Dry Hands



6. Turn off water with a paper towel

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## When should you wash your hands?

- After arriving at work
- After using the bathroom
- After smoking
- After sneezing
- After touching your hair, face, clothing
- After eating or drinking
- After taking off or before putting on a new pair of gloves.
- Before handling food, especially ready to eat foods like salads and sandwiches
- After handling garbage, dirty equipment dishes or utensils
- After touching raw meats, poultry and fish
- Anytime you change tasks

## How should you wash your hands?

- Wet your hands with warm running water
- Lather with soap and scrub between fingers, on the backs of your hands, and under nails. Wash for at least 20 seconds.
- Dry hands. Use single-use paper towels or electric hand dryers.
- Use a paper towel to turn off the tap.

## Gloves should be changed:

- Anytime you would need to wash your hands
- When they are torn or soiled.

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