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.

**Handwashing**  
*Is the best way to prevent the spread of infection*

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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