

WASH HANDS PLEASE

When to Wash Hands

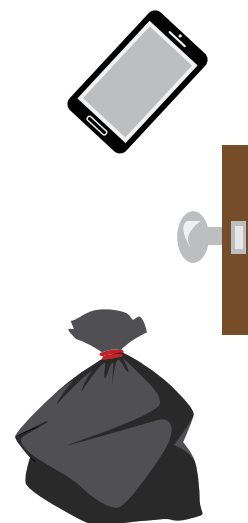
Before

- Using disposable gloves
- Preparing and serving food
- Assisting with or feeding a participant
- Eating meals or snacks
- Handling medication



After

- Arriving at work and taking breaks
- Handling raw meats, poultry, or fish
- Touching dirty dishes, equipment, or utensils
- Handling unclean objects (garbage, money, phone, etc.)
- Using cleaning chemicals
- Coming in contact with body fluids
- Assisting with or changing a participant's clothing
- Helping a participant in the restroom
- Using the restroom
- Eating, drinking, chewing gum, or using tobacco
- Touching or scratching hair, face, or body
- Coughing, sneezing, or using a handkerchief or tissue



How to Wash Hands

- Wash hands with liquid soap under warm running water for at least 20 seconds.
- Wash hands thoroughly, paying special attention to germs that may be trapped under nails and in crevices.
- Rinse well to remove all traces of soap.
- Dry hands with paper towels.
- Use a paper towel to turn off the faucet after washing hands.
- Allow hands to dry thoroughly after cleansing (before contact with anything).

