

# When to Wash Your Hands

## BEFORE

Beginning work

Handling, preparing or serving foods

Handling clean dishes or utensils

Eating



## AFTER

Using the restroom

Touching your hair, mouth, nose, or face

Smoking or eating

Touching raw meats or eggs

Handling dirty dishes or utensils



**Wash your hands with warm running water and soap for at least 15 seconds!**