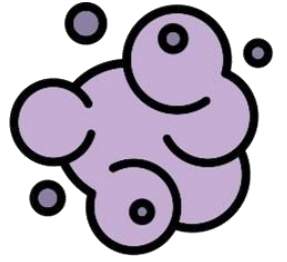


Hand Washing



1

1. Wash Hands Before Handling Food: Always wash your hands with soap and water before touching any food to prevent the spread of germs.



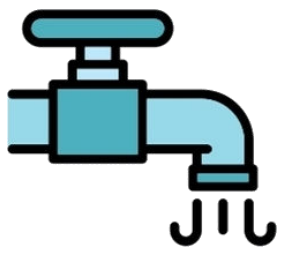
2

2. Use Warm, Soapy Water: Wash your hands with warm water and soap, ensuring you create a good lather to effectively remove dirt and bacteria.



3

3. Scrub for 20 Seconds: Rub your hands together for at least 20 seconds, making sure to scrub all parts, including the backs of your hands, wrists, between your fingers, and under your nails.



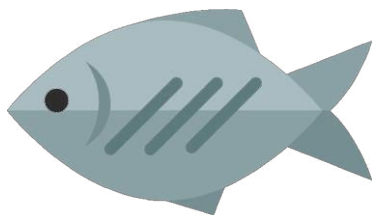
4

4. Rinse Thoroughly: Rinse your hands under clean, running water to wash away all soap and germs.



5

5. Dry Hands with a Clean Towel: Use a clean towel or paper towel to dry your hands completely, as damp hands can transfer bacteria more easily.



6

6. Wash After Handling Raw Meat: Always wash your hands immediately after touching raw meat, poultry, seafood, or eggs to avoid cross-contamination.



7

7. Wash After Using the Bathroom: Wash your hands thoroughly after using the restroom to prevent the spread of harmful bacteria.



8

8. Wash After Sneezing or Coughing: If you sneeze or cough into your hands, wash them immediately to avoid spreading germs to food or surfaces.



9

9. Wash After Handling Trash: Always wash your hands after taking out the trash or touching any potentially contaminated surface.



10

Avoid Hand Sanitizer as a Substitute: While hand sanitizer is useful when soap and water aren't available, it's not a substitute for proper hand washing, especially when hands are visibly dirty or greasy.