"Don't Supersize Germs"

Help Prevent Foodborne Illnesses

How to Wash

- Dispense paper towel
- Use soap and wash vigorously for 20 seconds
- Wash all areas, including wrists, backs of hands, between the fingers, fingernails and thumbs
- Rinse well
- Dry hands with a paper towel
- USE A PAPER TOWEL TO TURN OFF WATER

Remember:

Hand Sanitizers are not a replacement for hand washing

Arkansas Department of Health

Keeping Your Hometown Healthy

When to Wash

Hands should be washed after:

- After arriving at work
- Going to the toilet
- Coughing or sneezing
- Eating, drinking, smoking, or taking a break
- Touching cuts, burns, or infected areas on the skin
- Handling dirty kitchen equipment, utensils, dishes or soiled work surfaces
- Handling raw meat and poultry or any other activity that could contaminate your hands

Hands should be washed before:

- Handling ready-to-eat foods, such as breads, deli meats, cheese, fruits, vegetables, etc.
- Eating or going on break

TAKE 20 SECONDS FOR CLEAN HANDS