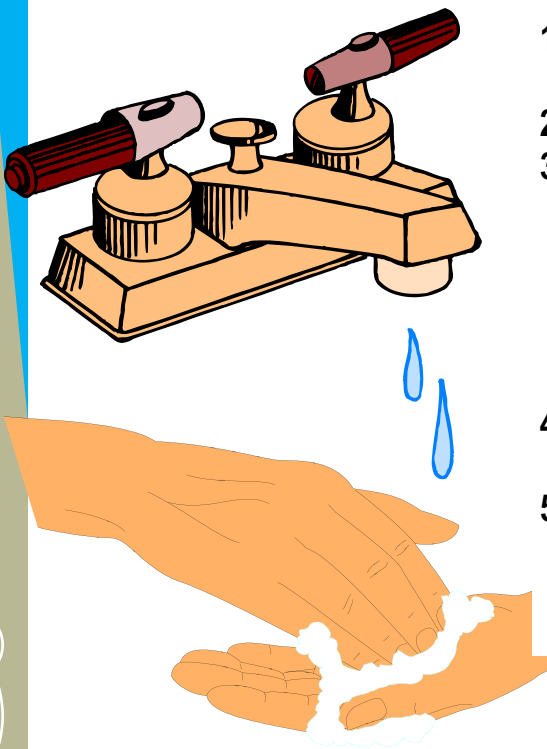


WASH HANDS OFTEN!

Clean hands prevent the spread of bacteria and disease



1. Rinse hands under clean, running warm water.
2. Apply hand soap.
3. Rub hands together vigorously for 10-15 seconds, paying attention to removing soil from beneath fingernails, and creating friction on the surfaces of hands, arms, fingertips and between fingers.
4. Rinse hands under clean, running warm water.
5. Immediately dry hands using:
 - ~disposable paper towels
 - ~a heated-air hand dryer.

Avoid recontaminating hands by using a paper towel when touching surfaces such as faucet handles and restroom door handles.

WASH HANDS AFTER:

- *Using the restroom
- *Handling raw foods
- *Taking a break/smoking
- *Coughing, sneezing, eating, drinking
- *Cleaning/taking out trash
- *As often as necessary to remove soil and contamination

WASH HANDS BEFORE:

- *Your shift begins
- *Handling Food
- *Putting on clean gloves



FOOD SAFETY PROGRAM

Galion City Health Department
113 Harding Way East, Galion, Ohio 44833
419-468-1075 ext 1265
galionhealth.org

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