

Wash your Hands

**For at least 20 Seconds
using plenty of soap and water**

Before

- Starting work
- Immediately before food preparation and related activities
- Changing gloves

After

- Sneezing or coughing
- Touching raw food
- Touching face or hair
- Eating or drinking
- Emptying garbage
- Smoking
- Any chance of contamination

After

- Using the restroom. Wash your hands twice after visiting the restroom: once in the restroom and once at the food service area where you are working.

Help Minimize Foodborne Illness



Created in Partnership with

aihc
AMERICAN INDIAN HEALTH COMMISSION