

# WASH YOUR HANDS!

## 1. WET HANDS AND ARMS.

Use running warm water as hot as you can comfortably handle.

**2. APPLY SOAP.** Apply enough to build up a good lather.

## 3. SCRUB HANDS AND ARMS VIGOROUSLY.

Scrub them for 10 to 15 seconds. Clean under fingernails, and between fingers.

**4. RINSE HANDS AND ARMS THOROUGHLY.** Use running water.

## 5. DRY HANDS AND ARMS.

Use a single-use paper towel or a hand dryer. Use a paper towel to turn off the faucet and to open the door when leaving the restroom.



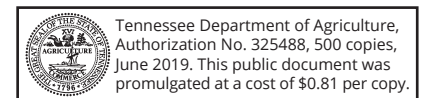
## WHEN TO WASH HANDS

Before starting work or preparing foods • Before putting on gloves  
When switching activities from non-food tasks to food preparation tasks  
After working with raw food products • After touching contaminated surfaces  
After using the toilet • After sneezing, coughing or blowing your nose • After smoking  
After any activity that may result in contamination of your hands

## Protect Yourself, Co-workers, Customers, and Product



Food & Dairy (615) 837-5193  
[www.tn.gov/agriculture/consumers/food-safety/  
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