

# Wash those hands! Here is how



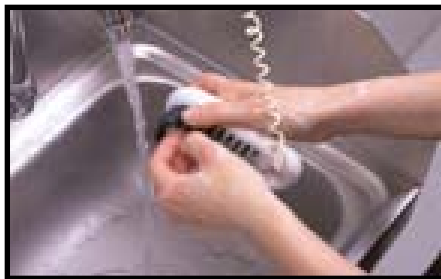
1. Wet hands with hot running water.



2. Apply soap.



3. Rub hands together for 10-15 seconds.



4. Clean under fingernails and between fingers.



5. Rinse hands thoroughly under running water.



6. Dry hands with disposable or dryer.

BARE HAND CONTACT OF READY TO FOOD IS PROHIBITED – CDC Food Code 2005



Before handling different types of foods



After touching anything that could contaminate hands



If gloves are ripped or torn

# When to change gloves



When handling lemons or tomatoes



After every four hours of working on the same task



After coughing or sneezing

