

Handwashing Practices

Frequent and thorough handwashing is the number one preventative measure to take to reduce the spread of harmful pathogens that result in illness.

5 Steps for Effective Handwashing:

Step 1: Wet hands with clean, running water. Turn off the tap and apply soap.

Step 2: Lather hands by running them together with soap. Lather back of hands, between fingers, and under nails.

Step 3: Scrub hands for at least 20 seconds. A good timer is humming the “Happy Birthday” song from beginning to end twice.

Step 4: Rinse hands well under clean, running water.

Step 5: Dry hands using a clean towel.

When Should You Wash Your Hands?

- Using the restroom
- Handling chemicals
- Touching the body or clothing
- Before beginning a new task
- Coughing, sneezing, blowing nose, using a handkerchief or tissue
- Leaving & returning to prep area
- Eating, drinking, smoking, chewing gum, or chewing tobacco
- Handling money
- Handling soiled items
- Using electronic devices
- Handling raw meat, seafood, or poultry
- Touching anything that may contaminate hands, like dirty equipment, work surfaces, or cloths
- Taking out the garbage
- Handling service animals

