The power to save lives is in your hands

Handwashing can limit the spread of many diseases, including COVID-19. It is one of the most important ways to keep your customers safe. Follow these rules for the best results:

### How to wash your hands:
1) Wet your hands in hot water.
2) Add soap.
3) Lather for 15-20 seconds. Get between your fingers.
4) Rinse all of the soap away.
5) Dry with a single-use towel or an air dryer.

### When to wash your hands:
**BEFORE:**
- Preparing or handling food
- Putting on gloves (even when you are changing them!)
- Using utensils or handling clean dishes

**AFTER:**
- Using the restroom
- Taking a break (eating or using any tobacco)
- Touching raw meat
- Handling garbage
- Using cleaning chemicals

Or whenever your hands get dirty!

### Soap or Sanitizer?
If you use hand sanitizer when preparing food, it should be **after** (not instead of) **washing your hands with soap and water.**

Using sanitizer does not clean your hands. It will kill most bacteria and viruses, but it will not take dirt off your hands.

### Bare Hands and Food:
Everyone’s hands have bacteria. This is why **food handlers must not touch ready-to-eat food** (food that will not be cooked further) **with their bare hands.**

Gloves are a good way to avoid touching food, but they are not the only way. You can also use:
- Wax paper/ deli wrap
- Tongs
- Spatulas
- Other serving utensils

When you use gloves, make sure they are clean. Change them whenever you switch tasks, whenever they get dirty, and at least every 4 hours. Never reuse gloves!