

It's the best way to stop the spread of disease!

Wash your hands BEFORE...

- Your shift begins
- Handling food
- Putting on clean gloves

Wash your hands for **20 seconds** with **hot soapy water!**

Wash your hands AFTER...

- Using the toilet
- Handling raw foods
- Taking a break/smoking
- Coughing, sneezing, eating, drinking
- Cleaning/taking out trash
- As often as necessary to remove soil and contamination



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