Proper Hand Washing

Use SOAP and RUNNING WATER

RUB your hands and wrists vigorously

WASH ALL SURFACES:
- Backs of hands
- Wrists
- Between fingers
- Under fingernails

RINSE well

DRY hands with a paper towel

Turn off water using a PAPER TOWEL instead of bare hands

STOP DISEASE

Colorado Department of Public Health and Environment

International Association for Food Protection