**Handwashing Steps:**

**Use warm water to wet hands**

**Scrub with soap and water for 20 seconds**

**Rinse well with warm water**

**Air dry hands or dry with single-use towels**

**Wash hands . . .**

**Before:**

- Handling or preparing food
- Eating meals or feeding children

**During:**

- Food preparation tasks

**After:**

- Preparing foods
- Touching raw foods or food packages, especially meats and eggs
- Using the restroom or changing diapers
- Sneezing, coughing, or blowing your nose
- Handling garbage or dirty dishes
- Smoking cigarettes
- Petting animals
- Touching face, hair, body, other people, or a cut or sore
- Cleaning or touching dirty laundry
- Using phone or computer

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"Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduce the spread of the common cold and flu"\(^1\)

**The scoop on Hand Sanitizers**

- Use when handwashing facilities are not available or are inconvenient (picnics, sporting events, work, or shopping)
- Ensure sanitizers have a 60-90% alcohol content
- Apply 1-2 pumps and vigorously rub hands all over for 30-60 seconds

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Source: 1 American Dietetic Association, Home Food Safety... It’s in Your Hands