WHEN TO WASH YOUR HANDS

- After handling waste or garbage
- After sneezing or coughing
- After touching raw foods
- Before food preparation
- After going to the bathroom
- After contact with an animal
- Before and after eating or drinking
- After touching a person or bodily fluids
- Any time you are not sure your hands are clean
- Any time your hands are visibly dirty
HOW TO WASH YOUR HANDS

1. WET 🛏
   Wet hands.

2. SOAP 🧼
   Use soap.

3. SCRUB 🔥
   Scrub hands and forearms for 10 seconds. Use nail brush if possible.

4. RINSE 💧
   Rinse hands and forearms thoroughly.

5. DRY 🧼
   Dry hands and forearms with a single-use paper towel.

6. EXIT 🧼
   Use paper towel to turn off faucet and open door.

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CSU The California State University

Center for Healthy Communities

BASIC NEEDS INITIATIVE
ALL STAFF MUST WASH HANDS