







STOP Disease Outbreaks

WASH YOUR HANDS FREQUENTLY

	1. Use warm water and wet hands and exposed arms up to the elbow		4. Rinse under warm water
	2. Apply hand soap		5. Towel dry with disposable towels
	3. Rub hands and forearms briskly for 20 seconds		6. Turn off faucet with paper towels.

When to Wash Your Hands

When you are at work, it should seem like you are ALWAYS washing your hands! Be sure to wash your hands after:



Eating or drinking



smoking



Handling raw foods



Using a tissue/ touching your face



Handling garbage



Using the restroom

To Prevent Spreading

- Norovirus
- *Salmonella typhi*
- *Shigella*
- *E. coli* 0157:H7
- hepatitis A
- *Staphylococcus aureus*