

# WASH YOUR HANDS

*Before Returning to Work*



## WET

your hands under warm running water.

## APPLY SOAP

Rub hands together for 10-15 seconds.

## WASH WELL

hands, wrists, between fingers, under nails.

## RINSE

hands under running water.

## DRY

hands with a clean paper towel or hand dryer. Use paper towel to turn off water and open door, not bare hands

## WASH YOUR HANDS:

After using the bathroom

After coughing or sneezing

Before and after eating or cooking

After touching shared equipment or others' hands

# YOUR HEALTH IS IN YOUR HANDS