

CLEAN HANDS KEEP EVERYONE HEALTHY!

1



Wet your hands with clean, warm water.

2



Lather your hands with soap.

3



Rub and scrub your palms, fingers, and the back of your hands thoroughly.

4



Wash your hands for 20 seconds. Rinse well.

5



Dry hands with a clean paper towel or air dryer.

6



Turn off the faucet using a paper towel.

WHEN?



Before handling foods



Switching between raw and ready-to-eat foods



Between any change of task



After touching your face or hair



After using the restroom



Following any possible contamination



For additional information, email FHDUTYEH@sdcounty.ca.gov or visit www.sdcdehq.org