HAND WASHING

Wash your hands frequently, between tasks, and always after:

- using the toilet
- handling raw meat, fish, or poultry
- handling garbage or dirty dishes
- taking a break, eating, or smoking
- sneezing, coughing, or blowing the nose
- handling animals or using chemicals

You must wash your hands at a hand-washing sink that has hot and cold running water, soap, and paper towels (or other single-use drying method).

From start to finish, all food workers must wash their hands for at least 20 seconds.