

# How to Wash Your Hands

## Handwashing Helps Prevent Foodborne Illness



1. Wet hands with hot running water.



3. Rub hands together for 20 seconds.



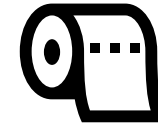
5. Rinse hands thoroughly under running water.



2. Apply soap.



4. Clean under fingernails and between fingers.



6. Dry hands with disposable paper towel or dryer.

### Health Response and Licensure • Food and Lodging

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