

## Handwashing

Food service personnel must wash their hands with adequate soap to thoroughly lather hands and forearms to the elbows:

- ▶ Before starting work
- ▶ After using the restroom
- ▶ After break time, smoking, eating or drinking
- ▶ After any absence from work station
- ▶ After chewing gum or using toothpicks
- ▶ After coughing, sneezing, blowing or touching your nose
- ▶ After touching head, hair, mouth, wounds or sores
- ▶ After touching raw poultry, meats or fish
- ▶ After touching dirty dishes, equipment and utensils
- ▶ After touching trash, floors, soiled linens, etc.
- ▶ After using cleaners or chemicals
- ▶ During food preparation as necessary

