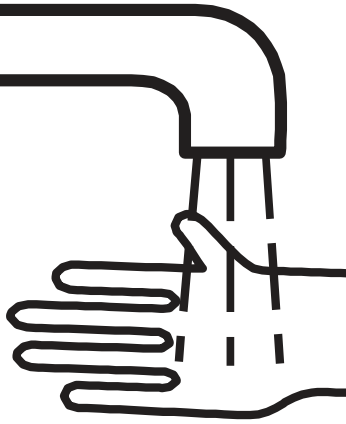


# Wash Your Hands

to prevent  
foodborne  
illness



## **Wash your hands**

immediately before all food preparation, including working with unpackaged food.

## **Wash your hands**

before dispensing or serving food.

## **Wash your hands**

before handling clean equipment, serving utensils, table ware or unwrapped single-service food containers.

## **Wash your hands**

during food preparation to remove soil or contamination and prevent cross-contamination when changing tasks. Wash your hands between working with raw food, such as hamburger and chicken, and working with ready-to-eat food such as sandwiches, tossed green salads and dinner rolls.

## **Wash your hands**

immediately after touching your hair, face or any other bare human body part.

## **Wash your hands**

after eating, drinking, smoking, coughing, sneezing or using a handkerchief or tissue.

## **Wash your hands**

after going to the bathroom. One out of 50 people pass billions of illness-producing bacteria in their feces even when they feel well. Toilet paper does not prevent dangerous levels of bacteria from feces or urine from getting onto your fingertips.

## **Wash your hands**

after any activity that may contaminate your hands.

For more information contact:

Big Horn County Public Health Department  
809 N. Custer Ave.  
Hardin, MT 59034

**Phone:**  
406-665-8720

**Web:**  
[www.BigHornCountyPublicHealth.com](http://www.BigHornCountyPublicHealth.com)

# Handwashing Procedures

1

Wash hands with hot water.

2

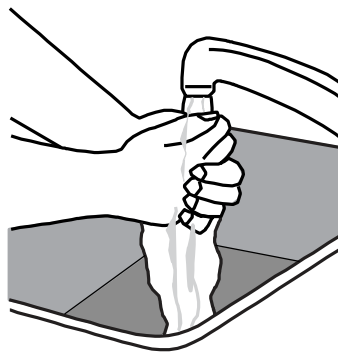
Apply one tablespoon of soap from soap dispenser and lather up to the elbow.

3

Create friction by rubbing hands together for at least 20 seconds (sing your ABC's or Jingle Bells).

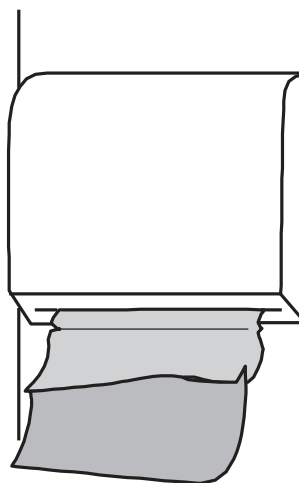
4

Wash all surfaces on hands, fingers and wrists, around and under fingernails, around rings, and as high up on the arms as possible.



5

Rinse thoroughly under running water.



6

Dry with paper towels or hot air dryer.

7

Turn off faucets while holding paper towels.

## Always wash hands thoroughly:

- before returning to food preparation activities.
- after visiting restrooms.
- after taking a break.
- after touching hair, face, money, trash or dirty dishes.

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