

# Wash Hands Often

It's the best way to stop the spread of disease !

**Wash hand for 20 seconds  
with hot soapy water !**

**Before:**

Your Shift Begins  
Handling Food  
Putting on Clean Gloves

**After:**

Using the toilet  
Handling Raw foods  
Taking a break/smoking  
Coughing, sneezing, eating, drinking  
Cleaning/taking out the trash  
Handling money

As often as necessary to remove Soil and contamination



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