

# Preventing the Spread: Handwashing

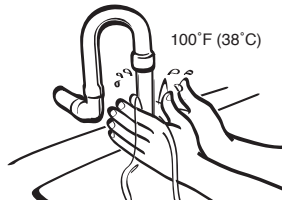
You should follow these five steps to wash your hands properly:

Washing hands properly is the most important thing to do to prevent the spread of Norovirus and hepatitis A.

Hands must be washed

- before starting work.
- after using the restroom.
- before preparing food.
- after preparing food.

1



Wet your hands with running water as hot as you can comfortably stand (at least 100°F [38°C]).

2



Apply soap.

3



Vigorously scrub hands and arms for 10 to 15 seconds. Clean under fingernails and between fingers.

4



Rinse thoroughly under running water.

5



Dry hands and arms with a single-use paper towel or warm-air hand dryer. Never use a common cloth towel. Also consider using a paper towel to turn off the faucet and open the restroom door.

Hands should also be washed after:

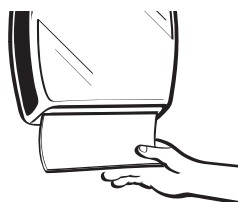
- Touching your hair, face, or body
- Sneezing, coughing, or using a tissue
- Smoking, eating, drinking, or chewing gum or tobacco
- Handling chemicals that might affect the safety of food
- Taking out the garbage
- Clearing tables or busing dirty dishes
- Touching clothes or aprons
- Touching anything that may contaminate hands, such as dirty equipment, work surfaces, or cleaning cloths



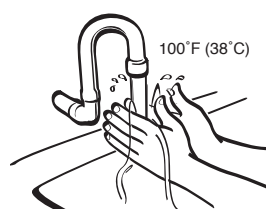
# This Is How It's Done

Ross is a new grill chef. He knows that to help prevent the spread of viruses he must wash his hands before coming to work, before and after handling food, and after using the restroom.

**Directions:** Help Ross remember the order of the five handwashing steps. Put the illustrations below in order by placing the right number next to each picture.



Ross is using a single-use paper towel so he can dry his arms and hands. He can also use a warm-air hand dryer. He might also use a paper towel to turn off the faucet and open the restroom door.



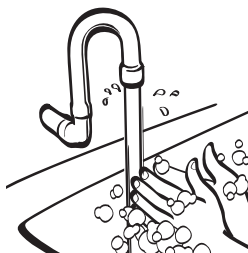
Ross is wetting his hands with running water that has a temperature of at least 100°F (38°C).



Ross is applying soap.



Ross is thoroughly rinsing his hands under running water.



Ross is vigorously scrubbing his hands and arms for 10 to 15 seconds and cleaning under his fingernails.



# Dry Your Hands This Way

Directions: Circle the illustrations that show the correct way to dry your hands and arms.

