When it comes to personal hygiene, hand washing is one of the most important steps in preventing Norovirus and cross-contamination. It’s also one of the easiest steps! Food handlers must make sure to wash their hands before starting work or after completing any of the following activities:

To effectively wash your hands, simply follow this 5-step process (which should take at least 20 seconds):

1. Wet hands and arms
2. Apply soap
3. Scrub hands and arms vigorously for 10-15 seconds
4. Rinse hands and arms thoroughly
5. Dry hands and arms with a single-use paper towel or a hand dryer

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