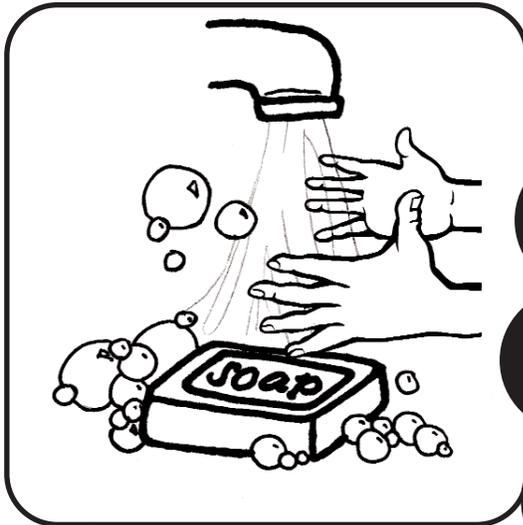


# Clean *your* Hands

It is as easy as 1, 2, 3...

Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduce the spread of the common cold and flu. Use an alcohol-based handrub when your hands are not visibly soiled. Wash your hands with soap and water when your hands are visibly soiled.

Food handlers in restaurants, schools, deli's and grocery stores must wash their hands with soap and water. [Minn Rules Chap. 4626.0070 - 4626.0085]



1

**When you wash your hands use warm water if it is available.**

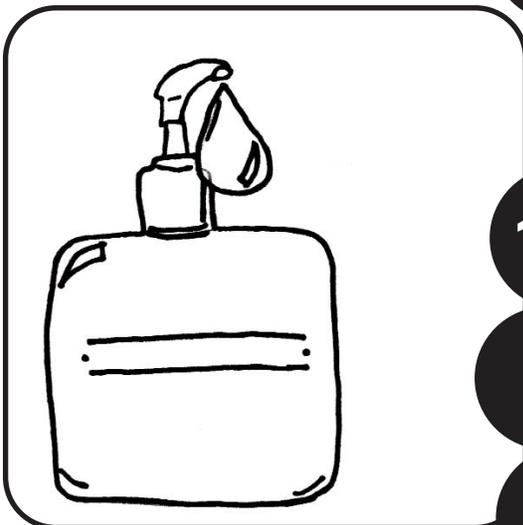
Lather with soap and rub hands vigorously for 20 seconds.

2

Rinse thoroughly.

3

Dry with a clean towel.



1

**When you clean hands with an alcohol-based handrub use enough to cover all surfaces of hands.**

Put handrub on the palm of one hand.

2

Rub hands, covering all surfaces of hands and fingers with handrub.

3

Rub until dry.