

Food Safety

High Five

Remember the High Five
to prevent the spread of infection



Five Steps in Handwashing

Step 1

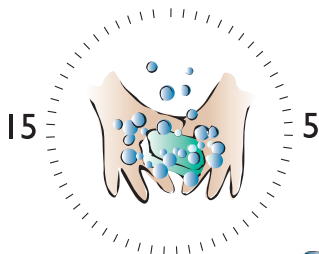
Wet hands with water and then add soap.



20

Step 2

Rub hands together to work up lather and wash for at least 20 seconds.



10

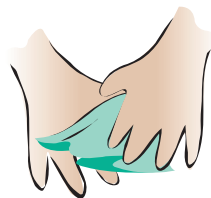
Step 3

Rinse well under a stream of water.



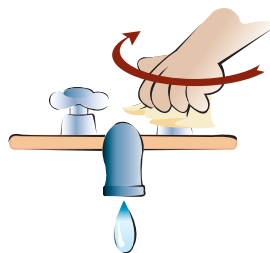
Step 4

Dry hands thoroughly, with a single-use paper towel whenever possible.



Step 5

Turn off a faucet with a paper towel, if possible.



Always Wash Your Hands:

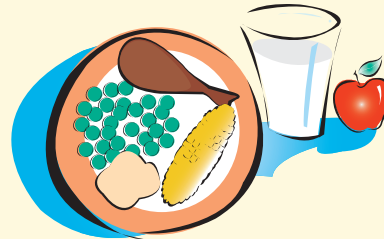
After playing outside



After sneezing or coughing



Before you eat or prepare food



After bathroom trips



After playing with pets



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