

### WHEN SHOULD HANDS BE WASHED?

Hand washing should clean hands and exposed portions of the arms. Warm water, at least 110° F, and soap are necessary for good cleaning. Hands should be vigorously scrubbed for 20 seconds. Dry hands with paper towels. To avoid re-contaminating hands, use paper towel when touching surfaces such as faucet handles on a handwashing sink or the handle of a restroom door. Common cloth towels, aprons, or clothing are not to be used as a means to dry hands.

- Wash after using the toilet.
- Wash after coughing, sneezing, or blowing your nose.
- Wash after using tobacco, eating, or drinking.
- Wash after handling dirty equipment, dishes, or utensils.
- Wash immediately before handling food, equipment, utensils, dishes, or single service items.
- Wash during food preparation, as often as necessary to prevent cross-contamination.
- Wash when switching between working with raw and ready-to-eat foods.
- Wash after any activity that contaminates hands.

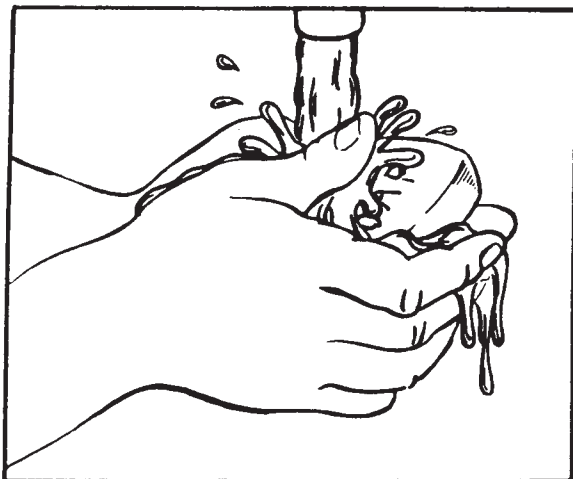
### SINGLE-USE GLOVES

Gloves are an extra measure of protection, not a replacement for the first line of defense in food preparation, frequent and effective hand washing. The following guidelines will help food handlers use gloves safely and effectively:

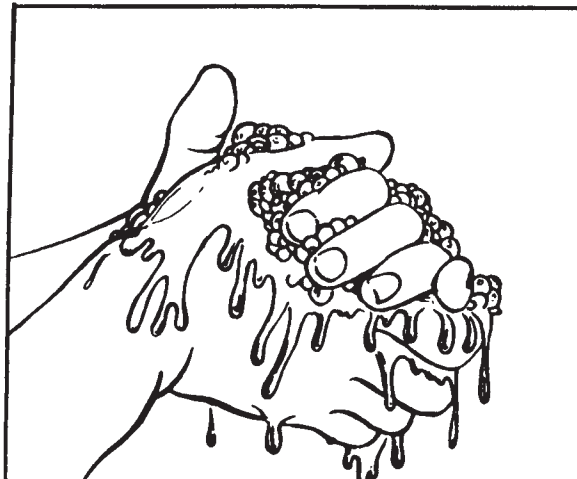
- Wash hands thoroughly with soap and water before putting on gloves.
- Leave gloves in the original container. They should not be carried in a pocket or stacked on a work surface.
- Use gloves that fit properly and are designed for the task at hand.
- To keep the outside of the gloves clean, pull on gloves by flipping down the wrist opening and pulling them on from the inside.
- Single-use gloves should be used for only one task, such as working with ready-to-eat foods. Remember, if gloves are not used properly, cross-contamination may occur as often as when using bare hands.
- Change gloves periodically to minimize the build-up of perspiration and bacteria.
- Discard gloves when they become damaged, soiled or the task is completed.
- Unless wearing intact gloves in good repair, a food employee may not wear fingernail polish or artificial fingernails when working with exposed food.

# PROPER HANDWASHING

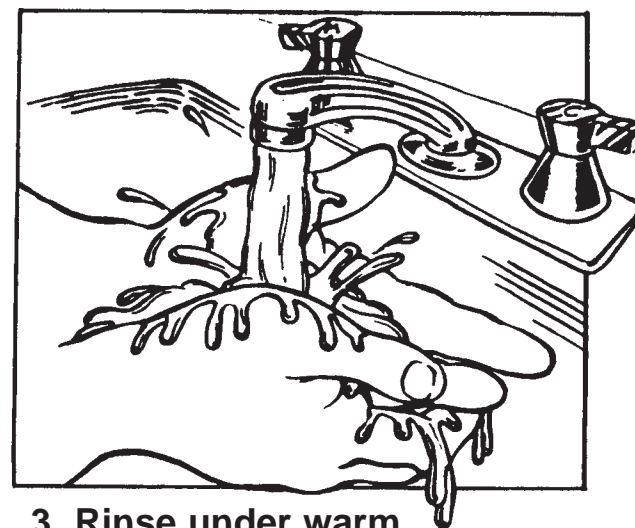
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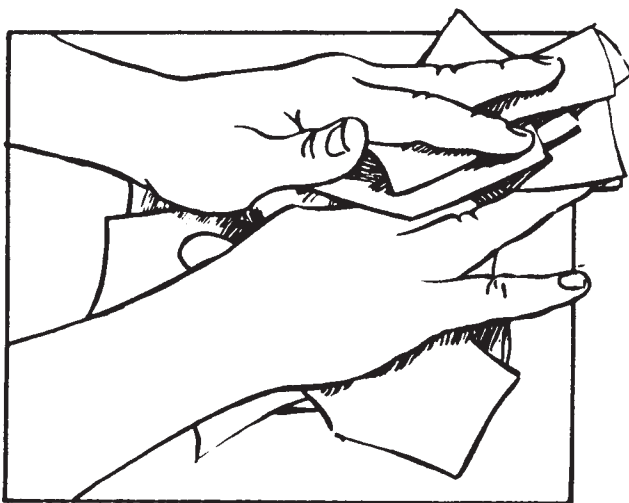
1. Wet hands with soap and warm water.



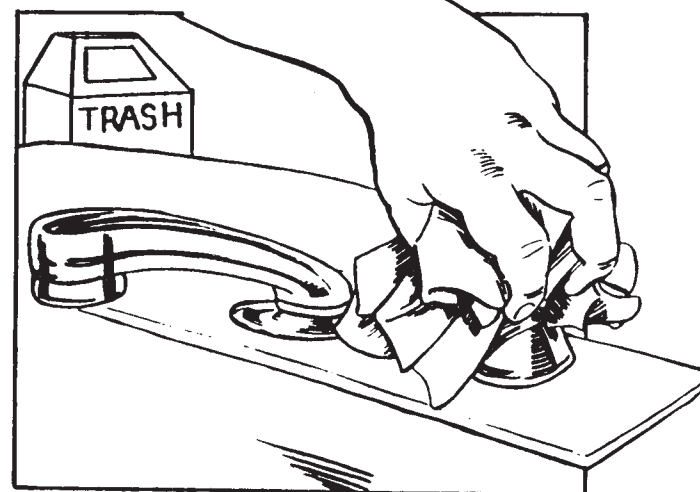
2. Rub hands for 20 seconds. Get under fingernails and between fingers.



3. Rinse under warm running water.



4. Dry hands on your own clean towel.



5. Turn off water with paper towel. Throw towel away.