



Public Health
Prevent. Promote. Protect.

Douglas & Pope Counties Environmental Health

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Clean Hands for Clean Foods

Proper Handwashing:

- Use soap and water.
- Rub your hands *vigorously* as you wash them.
- Wash *ALL* surfaces, including:
 - back of hands
 - wrists
 - between fingers
 - under fingernails, using a good brush
- Rinse your hands well.
- Dry hands with a paper towel.
- Turn off the water using a paper towel instead of your bare hands.



Wash your hands like this before you begin work and frequently during the day, especially after performing any of these activities:

- Using the toilet
- Handling raw foods
- Coughing or sneezing
- Smoking
- Touching hair, face or body
- Handling soiled items
- Scraping tableware
- Disposing of garbage