KEY TIMES TO WASH YOUR HANDS

Please help keep our staff safe and healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

• AFTER you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.

• BEFORE, during, and after preparing food

• BEFORE eating food

• BEFORE and after caring for someone at home who is sick with vomiting or diarrhea

• BEFORE and after treating a cut or wound

• AFTER using the toilet

• AFTER changing diapers or cleaning up a child who has used the toilet

• AFTER blowing your nose, coughing, or sneezing

• AFTER touching an animal, animal feed, or animal waste

• AFTER handling pet food or pet treats

• AFTER touching garbage

• BEFORE touching your eyes, nose, or mouth because that’s how germs enter our bodies.

STEP 1
Wash your hands with water and apply soap or handwash.

STEP 2
Rub hands palm to palm.

STEP 3
Rub palm over the back of the other hand with interlaced fingers and vice versa.

STEP 4
Palm to palm with fingers interlaced.

STEP 5
Back of fingers to opposing palms with fingers interlocked.

STEP 6
Rotational rubbing of left thumb clasped in right palm and vice versa.

STEP 7
Rotational rubbing, backwards and forward with clasped fingers of right hand in left palm and vice versa.

STEP 8
Rinse hands under running warm water.

STEP 9
Dry hands thoroughly with a paper towel or air dryer.

STEP 10
Use your elbow or paper towel to turn off the tap.