

# Turn the Dial on Hand Hygiene

Handwashing is the first step in preventing foodborne illness\*



## When to Wash Your Hands

1. Before, during and after preparing food
2. Before and after eating food
3. When moving from one prep station to another
4. After removing gloves
5. After handling meat, fish, poultry or produce
6. After touching your nose, eyes, ears or mouth
7. After using the restroom
8. After coughing, sneezing or blowing your nose
9. After taking a break
10. After handling soiled dishes, money or trash
11. After using any type of cleaning chemicals
12. **Whenever they look dirty**



## How to Wash Your Hands



1. Wet your hands



2. Lather with Dial<sup>®</sup> soap



3. Scrub your hands for at least 30 seconds



4. Rinse off the soap



5. Dry your hands

[www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

\*<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/cleanliness-helps-prevent>

The Difference is Dial<sup>™</sup>

