

# Wash your hands before you return to work! □

- Use soap and warm running water
- Lather hands with soap up to the elbows and rub hands together for 20 seconds
- Wash back of hands, wrists, between fingers and under fingernails
- Rinse hands under warm running water
- Dry with a paper towel



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*OR if soap and water are not available:*

- Use sanitizer hand wipes to remove dirt
- Be sure to throw used wipes in proper garbage receptacle
- Use hand sanitizer, rub all over front and back of hands, wrists and fingernails

