Clean Your Hands!

1. WET

2. SOAP

3. WASH 20 seconds

4. RINSE

5. DRY

6. TURN OFF WATER WITH PAPER TOWEL

Wash your hands with soap and water when your hands are visibly soiled. If soap and water is not available, use alcohol-based handrub (wipes or gel).

Food handlers in restaurants, schools, deli and grocery stores must wash their hands with soap and water before applying hand sanitizers.

[Minnesota Rules Chap. 4626.0070 - 4626.0085]

How to wash your hands with soap and water:
- Use soap and warm, running water.
- Keep fingers pointing down.
- Rub hands vigorously for 20 seconds. Wash all surfaces:
  - Backs of hands
  - Wrist
  - Between fingers
  - Tips of fingers
  - Thumbs
  - Under fingernails
- Dry vigorously with paper or clean cloth towel.
- Turn off faucet with towel and open door with towel.

How it works:
- The soap suspends the dirt and soils.
- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs.

How to clean your hands with an alcohol-based handrub:
- Apply a dime sized amount of handrub gel to the palm of one hand or use an alcohol-based handrub wipe.
- Rub hands together covering all surfaces of hands and fingers until handrub is absorbed.

How they work:
- Act quickly to kill microorganisms
- Reduce bacterial counts on hands

Learn more about handwashing at:
- www.health.state.mn.us
- Food Safety Center
- 651-201-5414

MDH Department of Health
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