

# Wash Hands Often

Ross County



## Wash your hands BEFORE...

- Your shift begins
- Handling food
- Putting on clean gloves

Wash your hands for **20 seconds** with **hot soapy water!**

## Wash your hands AFTER...

- Using the toilet
- Handling raw foods
- Taking a break/smoking
- Coughing, sneezing, eating, drinking
- Cleaning/taking out trash
- As often as necessary to remove soil and contamination



**IT'S THE BEST WAY TO PREVENT SPREAD OF DISEASE!**

Ross County Health District | Environmental Health Division

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