

Handwashing 101

Make sure to wash your hands before and after preparing food, as well as inbetween if you go do something else.

Caring for Friends at St. Andrews

Proper hygiene prevents food contamination of any sort.

Source:

World Health Organization

01

Wet your hands before applying soap.



02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



03

Wash your hands for at least 20 seconds.



04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.

