HAND WASHING
PREVENTS FOODBORNE ILLNESS
AND MAY AID IN PREVENTING THE SPREAD OF
COLD AND FLU VIRUSES, INFECTIONS
AND OTHER CONTAMINATION

1. Wet Hands
2. Apply Soap
3. Briskly Rub Hands for Twenty Seconds
4. Scrub Between Fingers
5. Scrub Forearm to Just Below Elbow
6. Rinse Forearms and Hands
7. Towels
8. Turn Off Water
9. Discard Towel

Best of Food Talk 1998

For more information contact:
Department of Health Sanitation Branch
Oahu 586-8000
Hilo 933-0917/Kona 322-1507
Maui 984-8230 Kauai 241-3323