

# When to wash your hands



✓ Before starting work



✓ After going to the toilet



✓ Before handling food



✓ After handling raw food



✓ Before handling ready-to-eat foods



✓ Before & after handling allergens



✓ After handling chemicals, cleaning cloths or equipment



✓ After disposing of/ or handling waste



✓ After gardening



✓ After eating or drinking



✓ After smoking or vaping



✓ After every break



✓ After using a tissue



✓ After running fingers through the hair, or scratching the scalp



✓ After biting nails, licking fingers, or touching pimples or sores



✓ After handling animals

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