

Did you wash your hands?



Use soap & water.

Rub hands for 20 seconds.

Rinse.

Dry with paper towel.

Use towel to turn off faucet.

clean
Your health is in your hands



Consumer and Environmental Health Services
609-588-3123
www.state.nj.us/health/eoh/foodweb

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1-800-848-6368, or go to www.njra.org

1. Rinse the hands and exposed portions of the arms under clean, running water.
2. Apply the amount of cleaning compound recommended by the cleaning compound manufacturer to the hands.
3. Rub the hands together vigorously for at least 10 seconds while paying particular attention to removing soil from underneath the fingernails during the cleaning procedure, and creating friction on the surfaces of the hands and arms, finger tips, and areas between the fingers.
4. Rinse fingers, hands and arms thoroughly under clean, running warm water.
5. Immediately following the cleaning procedure, thoroughly dry the fingers, hands and arms using a method specified under [N.J.A.C. 8:24-6.7\(k\)](#).