WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:
• use the toilet
• touch uncooked meat, poultry, fish, eggs or other potentially hazardous foods
• interrupt working with food (such as answering the phone, opening a door or drawer)
• eat, smoke or chew gum
• touch soiled plates, utensils or equipment
• take out trash
• touch your nose, mouth, or any part of your body
• sneeze or cough

Do not touch ready-to-eat foods with your bare hands.
• Use gloves, tongs, deli tissue or other serving utensils.
• Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves
• when you have a cut or sore on your hand
• when you can’t remove your jewelry

If you wear gloves
• wash your hands before you put on new gloves

Change them
• as often as you wash your hands
• when they are torn or soiled

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