



Always wash your hands after:

- ✓ Starting work or coming back from a break
- ✓ Going to the toilet
- ✓ After handling raw food and before handling ready-to-eat food
- ✓ Eating, drinking or smoking
- ✓ Blowing your nose, coughing or sneezing
- ✓ Touching any part of your body like scratching, touching earrings or your hair or wiping sweat from your forehead
- ✓ Handling money
- ✓ Cleaning and handling rubbish