

Wash Your Hands!

The best way to prevent the spread of germs is through hand washing.

Properly washing your hands can prevent the spread of germs from you to food that will then be served to guests.



1. Use soap and warm, running water.
2. Rub hands together, under the water, for at least 20 seconds.
**Wash backs of hands, wrists, between fingers, and under your fingernails.
3. Rinse hands and turn off the water using a paper towel, not your bare hands!
4. Dry your hands with a paper towel.



“When do I need to wash my hands?”

Wash your hands when you enter the kitchen, after using the restroom, before and after eating, after smoking, after touching your phone, after touching your hands/face/hair, after handling money, and before and after wearing gloves. If you think you need to wash your hands, you need to wash your hands!



“What if I’m wearing gloves?”

Gloves are not a substitute for hand hygiene, and hands need to be washed before and after wearing gloves. Gloves are single-use and should not be reused or washed.

**CT law prohibits the use of latex gloves in commercial kitchens.