

**Always wash hands and
exposed portions of arms
with soap and running water
for at least 20 seconds***

***25-A DCMR 401.1 & 25-A DCMR 403.1**

- Immediately before preparing food
- After touching bare unclean human body parts
- After handling soiled equipment or utensils
- After coughing, sneezing, using a handkerchief, or disposable tissue
- After using tobacco, eating, or drinking
- After using the toilet room
- After caring for handling service or aquatic animals
- During food preparation
- After handling waste containing fecal matter, body fluids, or body discharges
- When switching between working with raw food and working with ready-to-eat food