### Food Handlers Must Wash Their Hands Often!

**Wash Before:**  
- Handling food or utensils  
- Changing tasks

**Wash after:**  
- Visiting the restroom  
- Sneezing or coughing  
- Handling raw food  
- Eating, drinking or using tobacco  
- Mopping or handling chemicals  
- Taking out the garbage  
- Any chance of contamination

**Wash Your Hands!**