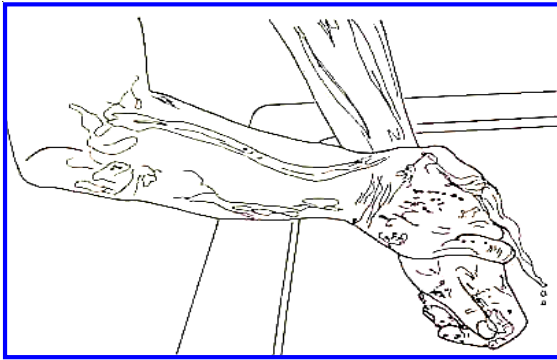
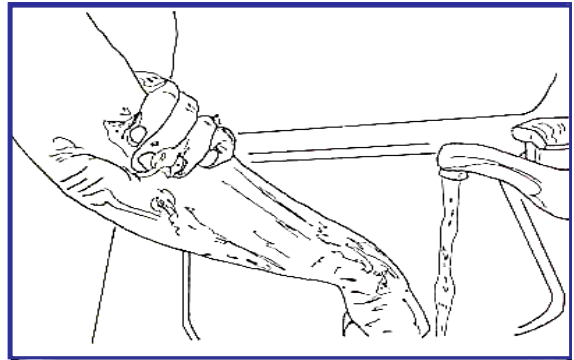


Hand Washing Techniques/Técnicas de Lavado de Manos



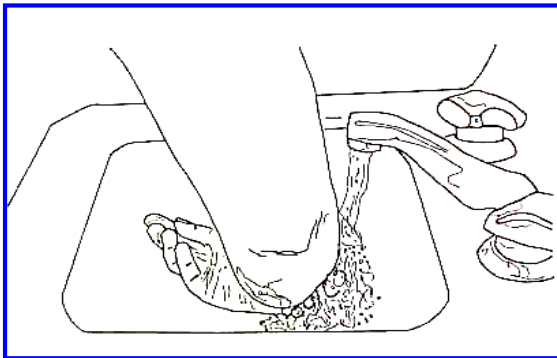
1. Wet hands with warm water. Lather with soap.

1. Mójese las manos con agua caliente. Póngase jabón en las manos.



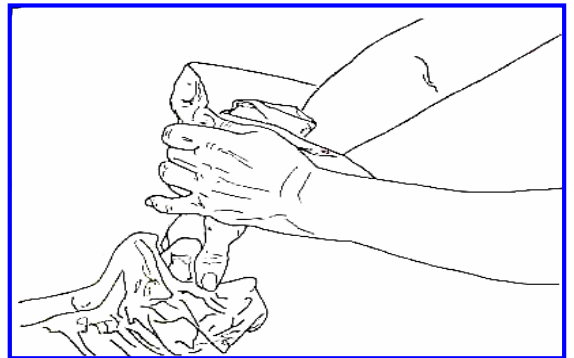
2. Lather to your elbows. Scrub hands for **20 seconds**.

2. Frótese las manos por **20 segundos**. Limpie bajo las uñas y entre los dedos.



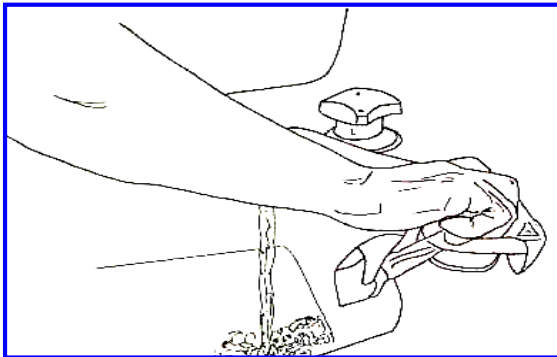
3. Rinse hands and elbows thoroughly.

3. Enjuáguese completamente las manos bajo el chorro de agua caliente.



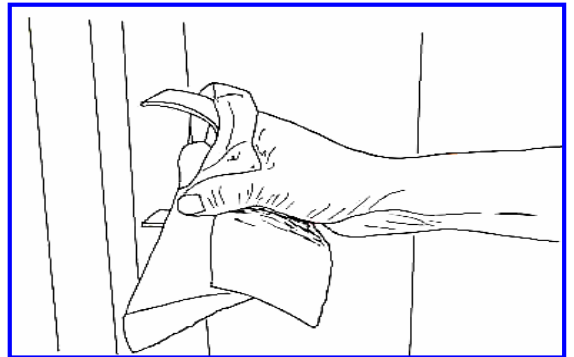
4. Dry hands with a disposable paper towel.

4. Séquese las manos con toalla de papel.



5. Use towel to turn off faucet.

5. Use una toalla de papel para apagar el agua.



6. Use towel to open door.

6. Use una toalla de papel para abrir la puerta.

For more information about Food Safety Issues contact the UNL-Extension in Douglas-Sarpy at 444-7804, or check it out on the web at <http://douglas-sarpy.unl.edu/> or the Douglas County Health Department at 444-7480

UNIVERSITY OF
Nebraska
Lincoln EXTENSION

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.