Massachusetts’ health is in YOUR HANDS.

HANDWASHING is the best way to prevent the spread of infection.

Important handwashing reminders for foodhandlers.

English  Español  Português  中文
Dear Restaurant Managers:

The Massachusetts Department of Public Health is pleased to present you with the Handwashing Calendar. This calendar is intended to help you encourage good handwashing practices among restaurant employees. It has been developed from research conducted with certified restaurant managers, Board of Health inspectors, and food service employees across Massachusetts. Your needs, thoughts, and suggestions have been used to develop this appealing calendar to help you reinforce the importance of proper handwashing among your employees. We know there is no substitute for providing good handwashing training to employees. Followed by constant handwashing reminders, the calendar may be reused from year to year. Each of the handwashing illustrations may be removed from the calendar and posted near handwashing areas in the restaurant to serve as reminders.

Handwashing is the most important of good handwashing. The calendar includes six handwashing illustrations that show the WHY and WHEN of handwashing.

To print additional copies of the calendar, visit www.mass.gov/handwashing.

If you have any questions regarding employee handwashing, contact your Board of Health Inspector.

How to Use This Calendar:

1. Tear Out the Handwashing Fact Sheet

   The Handwashing Fact Sheet addresses the WHY, WHEN, and HOW of handwashing in a quick reference format. The fact sheet has been perforated for easy removal. The fact sheet is printed in English, Spanish, Portuguese, and Chinese.

2. Pull Out the Poster and Hang It Up

   The poster is the perfect size to be displayed in an employee break room or near commonly used handwashing areas. You may want to laminate the poster for extra durability. The poster is the perfect size to be displayed in an employee break room or near commonly used handwashing areas. You may want to laminate the poster for extra durability.

3. Hang Up the Calendar

   The calendar includes six handwashing illustrations that show the WHY and WHEN of handwashing.

   • Hang the Calendar:
     • Handwashing areas in the restaurant
     • The calendar may be reused from year to year. Each of the handwashing illustrations may be removed from the calendar and posted near handwashing areas in the restaurant to serve as reminders.

   • Pull Out the Poster and Hang It Up

     • The poster is the perfect size to be displayed in an employee break room or near commonly used handwashing areas. You may want to laminate the poster for extra durability. The poster includes six handwashing illustrations that show the WHY and WHEN of handwashing.

   • Tear Out the Handwashing Fact Sheet

     • The fact sheet is printed in English, Spanish, Portuguese, and Chinese.

   How to Use This Calendar:

   Help you teach your employees about the WHY, WHEN, and HOW of handwashing.

   • Dear Restaurant Managers:
     • Do I encourage better handwashing among restaurant employees? HOW
WHEN
- When arriving at work
- After using the bathroom
- After smoking
- After sneezing
- After touching your hair, face, clothing
- After eating or drinking
- After taking off or before putting on a new pair of gloves
- Before handling food, especially ready-to-eat foods like salads and sandwiches
- After handling garbage
- After handling dirty equipment, dishes, or utensils
- After touching raw meats, poultry and fish
- Anytime you change tasks – go from one thing to another
- Anytime you change tasks – go from

How
- Wet your hands with warm running water
- Lather with soap and scrub between fingers, on the backs of your hands, and under nails. Wash for at least 20 seconds or as long as it takes between fingers on the backs of your hands and under nails. Wash for at least 20 seconds.
- Dry hands. Use single-use paper towels or electric hand dryers
- Use a paper towel when you turn off the tap

Gloves
- Anytime you would need to wash your hands
- When they are torn or soiled
- Should be changed:

HANDWASHING is the best way to prevent the spread of infection.

If you handle food, you must wash your hands often.
You could get sick—Your family could get sick—Your customers could get sick.
Your hands have germs on them that could make someone sick.
Your hands look clean—but they’re not.
You’re at work—you’re busy.

is the best way to prevent the spread of infection.

January 2003

Massachusetts Department of Public Health
www.mass.gov/handwashing
Cuando llega al trabajo
Después de usar el baño
Después de fumar
Después de estornudar
Después de tocarse el cabello, la cara o la ropa
Después de comer o beber
Después de quitarse los guantes o antes de ponerse un par nuevo
Antes de tocar alimentos, especialmente las comidas listas para comer tales como ensaladas y sándwiches
Después de manipular desechos o basura
Después de tocar equipos, platos o utensilios sucios
Después de tocar carne cruda, pollo crudo o pescado crudo
Cada vez que cambie de tarea — cuando deje de hacer una cosa y empiece a hacer otra debe lavarse las manos.

Como debe lavarse?

1. Mójese las manos bajo la corriente de agua tibia.
2. Enjabónelas y frótese el dorso de las manos, entre los dedos y bajo las uñas. Lávelas durante 20 segundos por lo menos o el tiempo que le tome cantar dos veces el “Cumpleaños Feliz”.
3. Séquese las manos. Use toallas de papel desechables o un secador eléctrico de manos.

Cuando debe cambiarse la ropa?
Cuando estén rotos o sucios deben cambiarse.

¿Cuándo las manos debe lavarse?
**Guarde as mãos**

Se você limsa com comida, você tem que lavar suas mãos frequentemente.

**Seus clientes podem ficar doentes.**

**Sua família pode ficar doente.**

**Você pode deixar alguém doente.**

**Encontram-se germes e bactérias no lixo.**

**Portanto, não toque em nada— você está ocupado.**

**Lavar as mãos é a melhor maneira de prevenir o desenvolvimento da infecção.**

**Portuguese—January 2003**

Massachusetts Department of Public Health

www.mass.gov/handwashing
洗手

洗手

在以下情况下，应该更换手套...

1. 手套破损或污损时...
2...
WASH YOUR HANDS.

EVEN YEAR
in the United States,
foodborne illnesses cause:

76 MILLION
people to get diarrhea and upset stomachs

325,000
people to be hospitalized

5,000
unnecessary deaths

LÁVESE LAS MANOS.
How to Wash Your Hands

1. Wash hands with soap and water for at least 20 seconds.
2. Rinse hands with water.
3. Dry hands with a clean towel.
4. Turn off taps by using a paper towel or a dry soap dispenser.

Massachusetts Department of Public Health
Division of Epidemiology and Immunization, Division of Food and Drugs
March/April

The health of your customers is in your hands. Wash your hands thoroughly after going to the bathroom!

La salud de sus clientes está en sus manos. ¡Lávese cuidadosamente las manos después de usar el baño!

Massachusetts Department of Public Health
Division of Epidemiology and Immunization
Division of Food and Drugs
Wearing gloves is no substitute for clean hands. Wash your hands and change your gloves often.

El uso de guantes no debe reemplazar a un par de manos limpias. Lávese las manos y cámbiese los guantes con frecuencia.
July/August

Keep yourself and the people around you healthy.

Take at least 20 seconds to wash your hands.

Mantenga su buena salud y la de quienes lo rodean. Tóme 20 segundos para lavarse las manos.
September/October

Don’t wait to be told.
Take pride in your work and wash your hands.

No espere hasta que le pidan hacerlo. Tómese responsabilidad en su trabajo y lávese las manos.

How to Wash Your Hands

1. Open faucet and run water into one hand.
2. Rub hands together with soap and water.
3. Rinse hands with water.
4. Dry hands with paper towel or air dryer.
How to Wash Your Hands

Clean hands keep customers coming back. Don’t forget to wash your hands and change gloves often.

Las manos ayudan a mantener sus clientes. No olvide lavarse las manos y cambiese los guantes con frecuencia.

1. Wash hands with soap and water.
2. Rub hands together for at least 20 seconds.
3. Dry hands with paper towels.
4. Turn off faucets with a paper towel.

Massachusetts Department of Public Health
Division of Epidemiology and Immunization, Division of Food and Drugs
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