



Infant Hand Washing



1. Wash hands with one of the following methods:

- Soap and running water; or
- A clean cloth that contains soap and is laundered after each use; or
- Soap and warm water dispensed from a spray bottle

2. Rinse soap off of hands with one of the following methods:

- Running water; or
- A clean cloth with water only and is laundered after each use; or
- Water dispensed from a spray bottle

3. Dry hands with :

- Clean cloth that is laundered after each use; or
- Disposable towel

Hand sanitizers or wipes may not be used as a substitute for hand washing at any time with infants.



**MESA COUNTY
HEALTH DEPARTMENT**

Working Together for a Healthy Community

For additional food safety resources go to

www.health.mesacounty.us

(970) 248-6900