

# Kashrut: Dairy/Meat: Physical Separations: Washing Hands between Dairy and Meat

**SITUATION** You drank milk or ate solid dairy foods (such as cheese) and now want to touch and eat meat-containing foods.

**WHAT TO DO**

- Milk  
You do not need to wash your hands after drinking milk unless you actually touched the milk liquid.
- Solid Dairy  
You must wash your hands after eating solid dairy foods.

**REASON** Your hands likely had some contact with the solid dairy.