

Keep Food Safe

Hand Washing



Count to 20—Wash all 10!

When to Wash?

Hands should be washed before:

- preparing food
- eating food
- touching ready-to-eat foods
like breads, deli meat, cheese,
fruit

Hands should be washed after:

- using the bathroom
- changing diapers
- coughing/sneezing or
using a tissue
- handling pets
- answering the phone
- handling raw meat and poultry
- smoking
- taking out garbage
- cleaning dirty dishes

Why wash?

To **PREVENT** foodborne illness
and cross contamination!

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How to Wash:

use soap and warm running water
wash vigorously for 20 seconds
wash all surfaces, including:
wrists
back of hands
between the fingers
finger nails
rinse well
dry hands with a paper towel
use paper towel to turn off water

Wash your hands often
Wash your hands thoroughly
Handwashing PREVENTS disease!

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