

# Drown a Germ!

## HAND WASHING!

### #1 DEFENSE AGAINST FOODBORNE ILLNESSES!

#### The Basics of How To...

1. Rinse hands with warm water
2. Apply soap
3. Scrub hands for 20 seconds
4. Rinse under warm water
5. Dry hands well with paper towel or air dryer
6. Turn taps off with paper towel



#### When to Wash Your Hands...

Always wash hands with warm, soapy water after...

- ◆ Preparing and serving food
- ◆ Preparing meat, poultry, and fish
- ◆ Feeding an infant
- ◆ Using the bathroom
- ◆ Changing diapers
- ◆ Tending to a sick person
- ◆ Helping in the bathroom
- ◆ Sneezing, coughing, and wiping runny noses
- ◆ Coming in contact with bodily fluids
- ◆ Handling animals
- ◆ Taking out the garbage
- ◆ Eating or drinking
- ◆ Handling chemicals

50% of middle-school students DO NOT wash their hands after using the restroom.



#### Hands vs. Germs

Knock out disease-causing germs, wash your hands.

When exiting public bathrooms use a paper towel to open the door.



# Be SAFE.

## Don't Cross Contaminate!



Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, etc., when they are not handled properly. This is especially true when handling raw meat, poultry, and seafood. keep these foods and their juices away from already cooked or ready-to-eat foods and fresh produce.



## Food Safety Tips

### ALWAYS

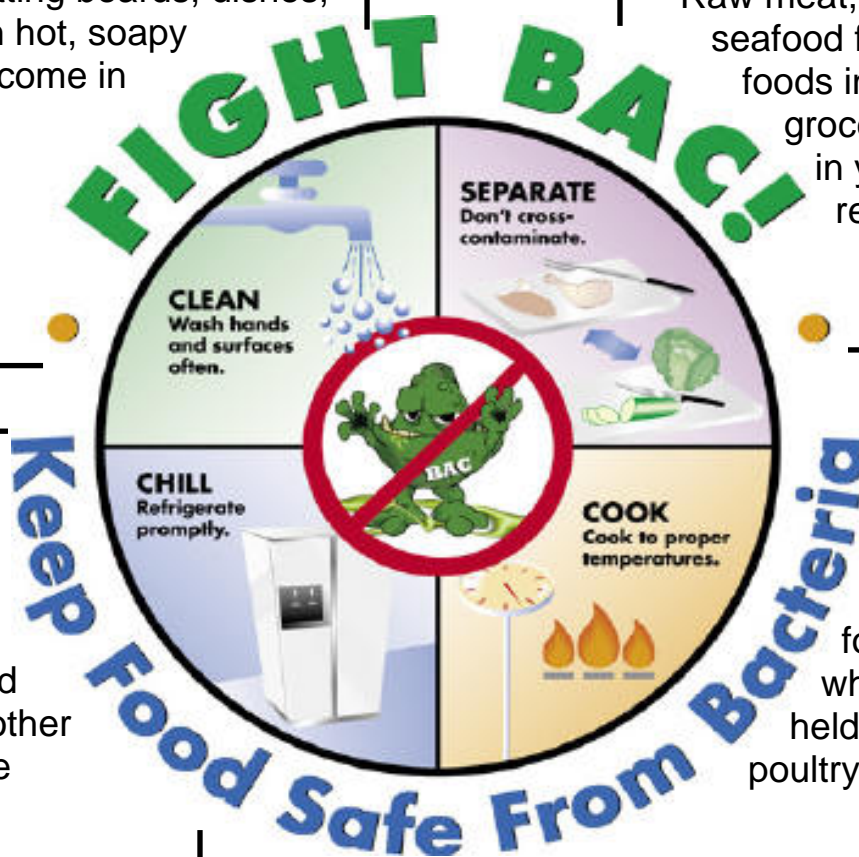
Wash hands, cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, and seafood.

### SEPARATE

Raw meat, poultry, and seafood from other foods in your grocery cart and in your refrigerator.

### USE

One cutting board for raw meat, poultry and seafood and another for foods that are ready-to-eat.



### NEVER

Place cooked food on a plate which previously held raw meat, poultry and seafood.