

Why Preventing illness:

Many outbreaks of foodborne illness are traced to unwashed or poorly washed hands.

Sneezing and coughing can spread germs into the air, but most colds are caught and spread through germs on people's hands.

The germs that cause the flu, SARS, hepatitis A and many kinds of diarrhea can also be picked up and spread by your hands.

If these germs are on your hands, then touching your mouth or nose when eating, sneezing, or coughing can make you sick.

Such things as touching a doorknob, pressing an elevator button, grabbing a pole on public transit or shaking hands can spread germs to others.

Always Wash your hands:

Before:

- Handling ready-to-eat foods
- Starting work
- Preparing food
- Eating
- Handling clean utensils, silverware, plates
- Rubbing your eyes

After:

- Handling raw foods, especially meat and poultry
- Eating or smoking
- Taking out the garbage
- Cleaning food preparation areas (*surfaces, equipment, plates, utensils*)
- Cleaning washrooms
- Sneezing, coughing, or blowing your nose
- Going to the washroom
- Touching your hair, face or body
- Touching anything else that may contaminate hands (*including money*)
- Petting an animal

WASH YOUR HANDS

Your health is in your clean hands



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Handwashing

In five easy steps:

Washing our hands is a lesson we all learned as children, but when we're busy or in a hurry, we tend to rush or forget to do it. We think our hands are clean, but they're not if we haven't done it right.

Just rinsing or wetting your hands isn't washing them. To get them clean you need to use soap and warm running water.

To make sure your hands are really clean, scrub your palms, between your fingers, the backs of your hands and under your fingernails for at least 20 seconds.

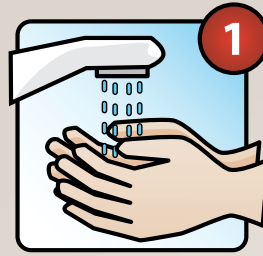
You can use regular soap. (Antibacterial soap isn't necessary.)

After rinsing, dry your hands with a paper towel.

Use the same paper towel to turn off the water and open the restroom door.

Handwashing is the 20-second solution to protecting yourself from many diseases.

KEEP AN ALCOHOL-BASED SANITIZER HANDY AT WORK, HOME AND CAR.



WET HANDS

With warm running water



SOAP & LATHER

Front & back of hands, in between fingers and under fingernails for 20 seconds



RINSE

Under warm water



TOWEL DRY



TURN OFF TAP

with towel