

BASIC HAND WASHING

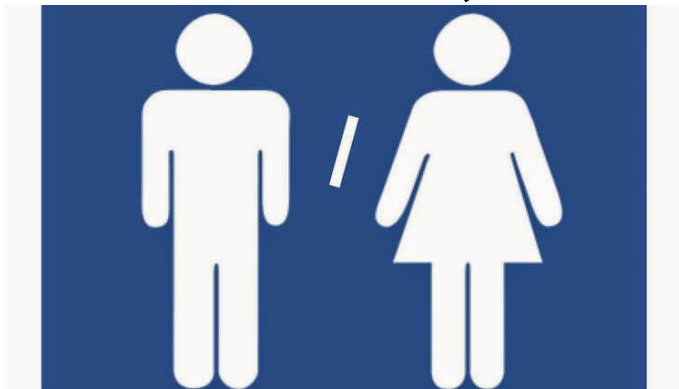


Washing your hands is the single most important measure you can take to prevent transmission of harmful bacteria

Wash your hands following the correct procedure:

After

- **bathroom visits,**

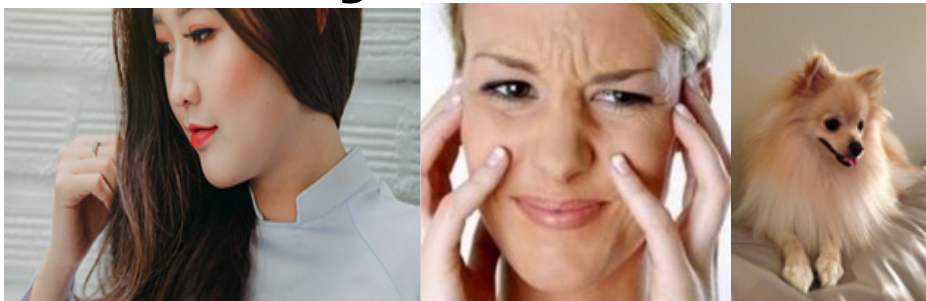




**after sneezing, and
after coughing wash
your hands**



**▪ after touching your
hair, face, or pets
wash your hands**



After handling raw meat, wash your hands!



After handling raw fish, wash your hands!



**A fter handling raw chicken,
poultry
or eggs
wash your hands!**



**Before touching cooked foods
wash your hands**



PERSONAL CLEANLINESS MATTERS!

- **Keep long hair tied back**



- **Roll up long sleeves**



PERSONAL CLEANLINESS MATTERS!

- **Wear a clean apron**



- **Wear clean clothes**



- **No hats**



- **(unless specially designed for food use)**



Cover cuts



- **Cover cuts, sores on your hands with a band-aid and use gloves before handling food**

Separate

- Use one spoon for tasting and one for stirring (To taste pour a little from stirring spoon onto tasting spoon.)
- Do not lick your fingers!
- Use clean utensils and containers.



- **Use separate spoons for tasting and stirring.**



- **Pour a little food from the stirring spoon onto the tasting spoon**



- **Do not lick your fingers (even if it delicious!) it is not hygienic!**

KEEP IT CLEAN!



- **A clean kitchen can help prevent cross-contamination**
- **Clean as you go along**
- **Use paper towels to wipe up spills promptly**
- **Use clean dishtowels and cloths each lab**
- **Use hot soapy water to wash equipment**
- **Wash glasses, plates and cutlery using hot soapy water**

Wash dishes in this order:

- **glasses,**
- **cutlery,**
- **dishes,**
- **pots and pans,**
- **greasy utensils (clean them first)**

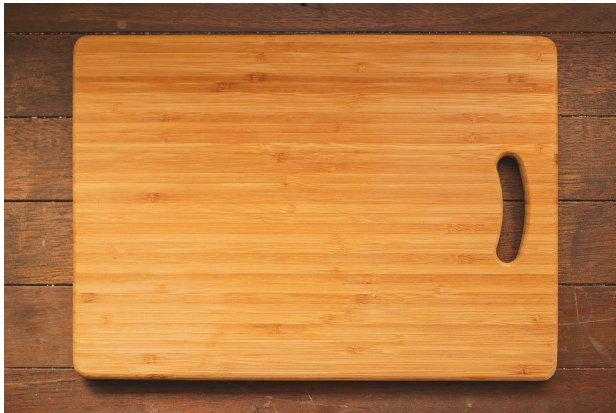
- **Rinse with hot water**



- **Dry dishes at room temperature, once the dishes are dried put them away.**



- **Scrub chopping boards with a bacteria remover like soft bleach solutions and water, rinse and air dry if possible!**



- **Do not store dishtowels, sponges, or dishcloths under the sink! Neither leave them on top of the sink wet!**



*Have you
washed your
hands?*



Have you washed your hands?



Step 4

Scrub:

- 1. Palms**
- 2. Back of hands**
- 3. Between fingers**
- 4. Under nails**

*Have you
washed your
hands?*



*Have you
washed your
hands?*

