

Clean hands, safe food

Correct hand washing is important to prevent foodborne illness.

Wash your hands:

- **before** handling food, especially ready-to-eat foods
- **after** using the toilet, handling raw meat or eggs, smoking or vaping, sneezing, coughing or blowing your nose, eating, drinking, or touching your hair, face, or body.

1 Wet hands with warm water



2 Apply soap



3 Lather / scrub for 20 seconds



4 Rinse hands



5 Turn off tap



6 Dry with a single use paper towel

