

What did you last touch? Did you clean your hands afterwards? Your hands could be contaminated with bacteria, which could spread to food you or someone else eats.



### Wash your hands thoroughly:

- Before starting food preparation
- After handling raw food
- After using the bathroom
- After you sneeze, cough, or blow your nose



Don't just dangle your hands under water. That does nothing.

**Use warm water and soap.**

Rub for 10 seconds, make sure it lathers, then rinse.