

# DID YOU WASH 'EM?

## "FOODBORNE ILLNESS" IS NOT A MENU ITEM!

Proper handwashing helps to prevent foodborne illness and cross contamination.

### HOW TO WASH

- Use soap and warm running water
- Wash vigorously for 20 seconds
- Wash all surfaces, including:
  - wrists
  - backs of hands
  - between the fingers
  - finger nails
- Rinse well
- Dry hands with a paper towel
- Use paper towel to turn off water



### WHEN TO WASH?

#### Hands should be washed after:

- Going to the toilet
- Coughing/sneezing or using a tissue
- Eating, drinking, smoking, or taking a break
- Touching cuts, burns, or infected areas on the skin
- Handling dirty kitchen equipment, utensils, dishes or soiled work surfaces
- Handling raw meat and poultry

#### Hands should be washed before:

- Handling ready-to-eat foods, such as:
  - breads
  - deli meats
  - cheese
  - fruits
  - vegetables, etc.
- Eating or going on a break.

