



Did you wash your hands?

Hand washing can prevent several food-borne illnesses as long as they are done correctly and frequently.



When do you need to wash your hands?

- Before starting **work shift**
- Before and after handling **raw meat, eggs, and ready-to-eat foods.**
- Before putting on **disposable gloves.**
- After using the **restroom.**
- Handling any **chemicals** (e.g. additives and cleaning agents).
- After **sneezing** or **coughing.**
- After touching your **skin, hair,** or your **apron.**
- After handling **garbage/waste.**
- After removing **gloves.**
- After **eating, drinking,** or **smoking.**
- After handling **dirty equipment.**
- After **cleaning.**



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