

What did you last touch?

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.