


**Wash Hands with Soap
and Water**

Clean Surfaces

Rinse Produce

Wash Hands and Surfaces Often



Foodborne bacteria can't be seen, tasted or smelled. These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, **CLEAN!**

Wash your hands with warm water and soap for at least 20 seconds!

How?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds – about the time it takes to sing the “Happy Birthday” song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

When?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet



DID YOU KNOW?

In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

Bruhn, C. (2014). Chicken Preparation in the Home: An Observational Study. Food Protection Trends, 34, 318-330.

Clean Surfaces

Keep Your Scene Clean

Bacteria that can cause illness can survive in many places around your kitchen. **Keep countertops and other kitchen surfaces clean** to prevent cross-contamination.

- **CLEAN SURFACES** with hot water and soap to remove dirt and debris. Do this **after preparing each food item and before going on to the next food item.**
- **Keep your fridge clean, too:** Wipe spills immediately and regularly clean the inside with hot water and liquid soap. Dry with paper towels.
- After cleaning, you may **SANITIZE SURFACES** as an extra precaution to kill germs. Use a solution of 1 tablespoon of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces, and allow to stand for several minutes. Air dry or pat dry with fresh paper towels.



Wash your cutting boards, dishes and utensils with hot water and soap after preparing each food item and before you go on to the next food.

Rinse Produce

Rinse fresh fruits and veggies under running water just before eating, even if you plan to cut or peel them, because bacteria can spread from the outside to the inside during cutting or peeling.

- Firm-skinned fruits and veggies should be rubbed by hand or scrubbed with a clean brush while rinsing under running water.
- Packaged fruits and veggies labeled “ready-to-eat,” “washed” or “triple-washed” should not be washed. Doing so may increase the risk for cross-contamination.
- Dry fruits and veggies with a clean cloth or paper towel.
- Do not use soap or bleach to wash produce. These products are not intended for consumption.
- For more information, check out our **ProducePro fact sheet** at fightbac.org.



THE FOUR WAYS TO FIGHT BAC!

CLEAN



SEPARATE



COOK



CHILL

