

CLEAN HANDS, HEALTHY HOME

These food safety steps will help keep you and your family healthy.



Wash your hands **before** eating every meal, every time

Wash your hands **before** helping in the kitchen

Wash your hands **after** handling raw meat, flour and eggs

Proper Handwashing Steps



1 WET

your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



2 LATHER

your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



3 SCRUB

your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



4 RINSE

your hands well under clean, running water.



5 DRY

your hands using a clean towel or air dry them.



Learn more about food safety and get safe recipes at www.fightbac.org