



## Handwash Hygiene

*Keeping your hands clean is the easiest, but also the most important way to prevent foodborne illness. Follow these simple steps to safer food handling!*

1. Turn the faucet on to a warm, comfortable temperature.
2. Wet your hands under the running water and apply soap.
3. Rub your hands together quickly to build lather.
4. Scrub your hands, in between fingers, and under finger nails for a minimum of 20 seconds.
5. Rinse under warm water.
6. Pat hands dry using a towel.
7. If using a disposable towel, use it to turn off the faucet before discarding.



*\*When washing your hands, a good way to time yourself for 20 seconds is to sing the "Happy Birthday" song twice!*

*Even if you're not going to be handling food, it's good to wash your hands after...*

- Using the bathroom
- Tending to a sick person
- Working with cleaning or sanitation products
- Blowing your nose, sneezing, or coughing
- Playing with pets
- Taking out the trash
- Exercising
- Working or playing outdoors



This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. To find out more about SNAP in Delaware, contact the Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.