

Are you washing your hands properly?

Most cases of food poisoning occur when invisible bacteria and viruses enter our bodies via food.

Washing your hands properly prevents bacteria from getting onto food.

Help to prevent food poisoning by washing your hands properly.

 <p>1 Rinse hands under running water to remove surface dirt.</p>	 <p>2 Apply soap and work it into a lather.</p>	 <p>3 Place palms together and rub together thoroughly.</p>	 <p>4 Wash the back of your hands.</p>	 <p>5 Wash fingertips and under fingernails.</p>	 <p>6 Wash in between the fingers.</p>
 <p>7 Wash the thumb of one hand by twisting it into the palm of the other hand.</p>	 <p>8 Don't forget to wash wrists.</p>	 <p>9 Completely rinse off soap and dirt under running water.</p>	 <p>10 Dry hands using a clean towel or a paper-towel.</p>	 <p>11 Spray some disinfectant onto hands and rub it in.</p>	

When should you wash your hands?

Hands should be washed at the following times:

- Before you eat.
- Before you cook.
- After handling raw meat or seafood when cooking.
- After using a toilet.
- After contact with animals.



Prevent food poisoning by washing your hands!



Which places often get missed?

Bacteria often get left on these places on hands.

- fingertips and under fingernails
- in between fingers
- the outside of the thumbs
- the wrists
- in wrinkles in the skin



back of the hand
Palm
places where bacteria often get missed
places where bacteria sometimes get missed