



# HAND HYGIENE

Handwashing is a critical factor in reducing pathogens, which are microorganisms that cause illness. Proper handwashing reduces pathogens by 100-1000 times. Without proper hygiene, pathogens can transfer to ready-to-eat foods and cause illness. Hand sanitizers are not a replacement for thorough handwashing.

## HANDWASHING STEPS

- 1** Wet your hands with clean, running water →
- 2** Apply soap →
- 3** Lather and scrub your hands for at least 10-15 seconds →
- 4** Rinse your hands well under clean, running water →
- 5** Dry your hands using a clean towel or air dryer →

## SCIENCE BEHIND STEPS



- Warm water helps active ingredients in soap work most effectively to lift dirt and pathogens from skin



- Antibacterial soap is no better than plain soap at reducing pathogens



- Minimum 20 second scrub is recommended to remove pathogens and help lift dirt and grease



- Clean running water should be used to prevent re-contamination from dirty or previously used water



- Pathogens are transferred more easily to and from wet hands and the friction from rubbing hands helps remove more pathogens

## WHEN TO WASH YOUR HANDS

### Before:

- Preparing food or beginning a new task
- Putting on new gloves
- Touching ready-to-eat foods
- Switching from allergen to non-allergen foods

### After:

- Using restroom, eating or smoking
- Touching hair, face or body, coughing or blowing nose
- Handling raw food
- Handling garbage or cleaning