



**FOOD
SAFETY
INFORMATION
COUNCIL**

How to wash your hands PROPERLY

Always wash and dry your hands before eating food and after going to the toilet.



Wet your hands and rub together well to build up a good lather with soap as the suds help loosen the bugs. Do this for at least 20 seconds and don't forget to wash between your fingers and under your nails.



Rinse well under running water to wash away the bugs from your hands.



Dry your hands thoroughly on a clean towel or paper towel for at least 20 seconds (a hand dryer may take longer).

You can time 20 seconds by singing "Happy Birthday To You".

The Food Safety Information Council is Australia's leading disseminator of consumer-targeted food safety information and a health promotion charity.

For more information see www.foodsafety.asn.au