HOW TO WASH YOUR HANDS PROPERLY

FOOD SAFETY INFORMATION COUNCIL

Always wash and dry your hands before handling, preparing and eating food and after touching raw meat, fish, shell eggs or chicken, using the toilet, changing nappies, blowing your nose and touching a pet. Don't touch sores, wounds and cuts when handling and preparing food.

1. 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. You might have to use a nail brush.

2. Rinse well under running water to remove the bugs from your hands.

3. 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" (but perhaps not out loud!)

SYMBIOAUSTRALIA TOTAL HYGIENE SOLUTIONS

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**