



**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.



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.



2 Rinse well under running water to wash away 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).

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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