

Keep Hands **Clean!** with Good Hygiene




Cleanliness is a major factor in preventing foodborne illness. Wash hands with warm, soapy water for 20 seconds:

- before and after handling food
- after using the bathroom
- after changing a diaper
- after handling pets
- after tending to a sick person
- after blowing your nose, coughing, or sneezing
- after handling uncooked eggs or raw meat, poultry, or fish and their juices

For more information, contact:

USDA Meat and Poultry Hotline
Toll-free at 1-888-MPHotline (1-888-674-6854)
www.fsis.usda.gov

 United States Department of Agriculture
Food Safety and Inspection Service

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Got Food Safety Questions?

AskKaren.gov



Visit "Ask Karen" at
AskKaren.gov to Ask a
Food Safety Question.

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