


**Wash Hands with Soap  
and Water**

**Clean Surfaces**

**Rinse Produce**

## Wash Hands and Surfaces Often



**Foodborne bacteria can't be seen, tasted or smelled.** These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, **CLEAN!**

### Wash your hands with warm water and soap for at least 20 seconds!

#### How?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds – about the time it takes to sing the “Happy Birthday” song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

#### When?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet



#### DID YOU KNOW?

In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

Bruhn, C. (2014). Chicken Preparation in the Home: An Observational Study. Food Protection Trends, 34, 318-330.

## Clean Surfaces

### Keep Your Scene Clean

Bacteria that can cause illness can survive in many places around your kitchen. **Keep countertops and other kitchen surfaces clean** to prevent cross-contamination.

- **CLEAN SURFACES** with hot water and soap to remove dirt and debris. Do this **after preparing each food item and before going on to the next food item.**
- **Keep your fridge clean, too:** Wipe spills immediately and regularly clean the inside with hot water and liquid soap. Dry with paper towels.
- After cleaning, you may **SANITIZE SURFACES** as an extra precaution to kill germs. Use a solution of 1 tablespoon of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces, and allow to stand for several minutes. Air dry or pat dry with fresh paper towels.



**Wash your cutting boards, dishes and utensils with hot water and soap after preparing each food item and before you go on to the next food.**

## Rinse Produce

**Rinse fresh fruits and veggies** under running water just before eating, even if you plan to cut or peel them, because bacteria can spread from the outside to the inside during cutting or peeling.

- Firm-skinned fruits and veggies should be rubbed by hand or scrubbed with a clean brush while rinsing under running water.
- Packaged fruits and veggies labeled “ready-to-eat,” “washed” or “triple-washed” should not be washed. Doing so may increase the risk for cross-contamination.
- Dry fruits and veggies with a clean cloth or paper towel.
- Do not use soap or bleach to wash produce. These products are not intended for consumption.
- For more information, check out our **ProducePro fact sheet** at [fightbac.org](http://fightbac.org).



**THE FOUR WAYS TO FIGHT BAC!**

CLEAN



SEPARATE



COOK



CHILL

