

# CLEAN YOUR HANDS

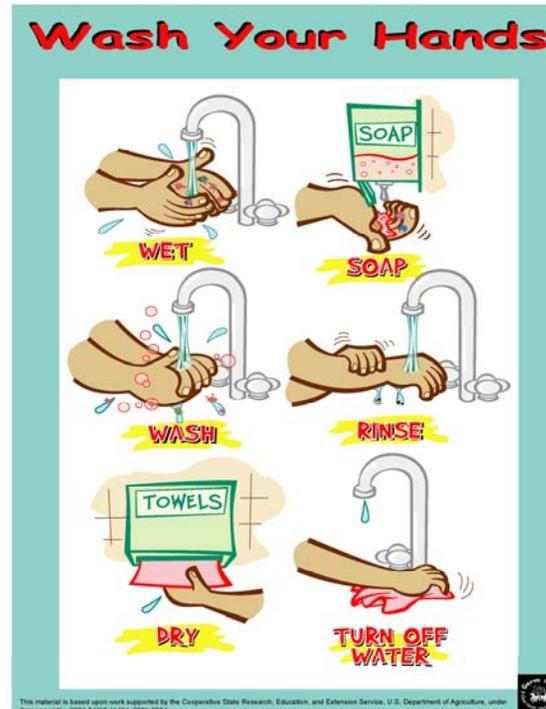
Your hands may look clean—but they're **NOT!** Germs on your hands can make you, your family, friends and co-workers sick! Keep your hands clean to avoid getting sick and spreading germs to others.



## Wash your hands:

- ☞ After using the toilet or changing diapers
- ☞ Before and after eating or drinking
- ☞ After coughing, sneezing or blowing your nose
- ☞ After handling pets, animals or animal waste
- ☞ After playing or working outside
- ☞ Before, during and after preparing food
- ☞ After touching raw meats, poultry and seafood
- ☞ After touching your hair, face, clothing
- ☞ After handling dirty equipment, dishes or utensils
- ☞ After handling garbage, cleaning chemicals, or dirt
- ☞ Anytime you change tasks—going from one task to another

For more handwashing resources, go to:  
<http://www.ctahr.hawaii.edu/NEW/GermCity/>



## What if you don't have soap and water?

Hand sanitizers are designed to kill germs on hands that are not **visibly dirty** without the need for water and towels. Germ killing ingredients include *alcohol*, *Benzalkonium chloride* or *Benzethonium chloride*.

- Put 1 to 2 squirts of sanitizer in the palm of one hand
- Rub hands together briskly, spreading product over all surfaces of hands and fingers, around and under nails until hands are dry



**Wipes** are designed to wipe away dirt from hands. Germ killing ingredients that may be added include *alcohol*, *Benzalkonium chloride* or *Benzethonium chloride*.

- Use one or more sheets, wiping all areas of hands until visibly clean.
- Throw used sheets in trash and let hands air dry.



## Packing a Safe Lunch

- Always keep it clean. Wash your hands in with warm water and soap, and use hot, soapy water to make sure food-preparation surfaces and utensils are clean. Teach your children to wash their hands with warm water and soap before they eat.
- Rinse fresh fruits and vegetables under running tap water and blot dry with a paper towel before packing them in your child's lunch.
- Keep hot foods like soup, chili or stew hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime.
- Insulated, soft-sided lunch totes are best for keeping perishable food cold. If using paper lunch bags, double bag to help insulate the food. Use a small frozen gel pack or frozen juice box to keep perishable foods (such as meat, poultry, egg sandwiches, fresh-cut fruits and vegetables) cold. After lunch, **discard all** used food packaging and paper bags.
- Freezer gel packs will keep foods cold until lunchtime, but are not good for all-day storage.
- Freeze single-sized juice packs overnight to keep the rest of lunch cold.
- Tell your child to use the refrigerator at school, if one is available. If not, make sure he or she keeps the lunch out of direct sunlight and away from heat sources found in the classroom.
- Throw away any perishable food not eaten at lunch.
- Have a supply of shelf-stable foods for easy packing. These include crackers, peanut butter sandwiches, packaged pudding and canned fruits or meats.
- Keep sandwiches made the night before in the refrigerator and pack in lunch boxes in the morning.



For more information on safe food handling, go to  
<http://www.ctahr.hawaii.edu/foodsafety-ces/>



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U.S. DEPARTMENT OF AGRICULTURE COOPERATING

# Clean Hands Safe Food Healthy People

...simple tips for cleaning hands  
and packing a safe lunch.



[www.ctahr.hawaii.edu/NEW/](http://www.ctahr.hawaii.edu/NEW/)



<http://www.fightbac.org/main.cfm>