



## Clean Hands Save Lives!

Clean hands are vital to food safety and the single most important action to prevent getting sick and spreading illness to others, according to the Center for Disease Control and Prevention. Yet most people do not wash their hands often enough or well enough. Here are important times to wash your hands.

Wash your hands:

- Before and after you eat
- Before, during and after preparing food
- After you use the bathroom
- After handling animals or animal waste – including pets
- After playing or working outside
- After changing diapers or handling a baby's bottom
- Anytime your hands are dirty



At the office, wash:

- Before and after staff meetings if food is served
- After scanning newspapers or magazines in your break room
- After using a co-worker's keyboard or tools
- Before and after a meet-and-greet activity in your office
- When using shared office equipment like photocopier, faxes, phones, etc.



On the farm or in food production areas, wash:

- Before entering and returning to the field or the packing line
- Before touching clean produce
- Before putting on new gloves
- After working with soil
- After disposing of rotten produce
- After handling garbage
- After smoking or doing other activities that dirty your hands
- After touching bare human body parts (ear, nose, mouth, hair, bottom, etc.)
- After handling animals and animal waste





To do a good job washing hands, use soap and water, scrub vigorously for 20 seconds, rinse, and dry with a clean towel. Avoid recontamination by touching dirty faucets or doors handles, just like they do on TV medical shows!

Keep food safe and reduce illness by washing your hands regularly at home, work and everywhere you go. Keep hand wipes or hand sanitizers nearby for times you don't have soap and water. During International Clean Hand Week, the third week in September, have fun spreading the word to others. Here are a few ideas to get you started:

Use the Center for Disease Control and Prevention hand washing e-card found at <http://tools.cdc.gov/ecards/browse.aspx?category=190> or create you own message to send to 5 co-workers or friends.

Post hand washing messages in your bathrooms.

Have an office hand washing competition.

#### Resources and Links:

- Germ City: Clean Hands, Healthy People  
[www.ctahr.hawaii.edu/NEW/GermCity/tools.html](http://www.ctahr.hawaii.edu/NEW/GermCity/tools.html)
- Multi-lingual Handwashing Poster  
<http://www.ctahr.hawaii.edu/NEW/GermCity/TOOLS/HWSPGM7.pdf>
- How To Wash Your Hands Poster  
[http://www.ctahr.hawaii.edu/NEW/GermCity/TOOLS/GrmCityENG\\_How2\\_8x11\\_2009.pdf](http://www.ctahr.hawaii.edu/NEW/GermCity/TOOLS/GrmCityENG_How2_8x11_2009.pdf)
- Clean Hands Coalition  
[www.cleanhandscoalition.org/](http://www.cleanhandscoalition.org/)
- Consumer Food Safety  
<http://www.ctahr.hawaii.edu/NEW/foodsafety/index.htm>

Visit our Nutrition Education for Wellness site: <http://www.ctahr.hawaii.edu/NEW>