

HANDWASHING



Handwashing prevents food contamination

- Food handlers may contaminate food by touching a source of bacteria with their hands and then touching food that they prepare or serve.

The Center for Disease Control estimates that poor personal hygiene accounts for the contamination in 25% of all documented food illness outbreaks.

Where can bacteria be found?

- On raw meat, poultry, and seafood. (Poultry, beef, and pork can be contaminated by disease-causing bacteria from internal organs during slaughtering, and seafood from polluted water.)
- In feces from humans, insects, and rodents.
- On contaminated equipment, food contact surfaces such as cutting boards and countertops, and filthy cloths.
- In the pus of pimples.
- In the mucus of the nose.
- In infected cuts on the worker's hands.

Workers with cuts should always use clean bandages and sterile gloves or finger covers. Remember, gloves only protect food from bacteria located on the hands. Gloves can also become contaminated.

When is it important for food handlers to wash their hands?

- After handling raw meat, poultry, and seafood
- After visiting the restroom
- After sneezing and coughing
- After touching one's face, nose, and hair
- After smoking or eating
- After cleaning
- After handling money
- Before beginning work

All County publications are available in alternative formats (Braille, Large Print, or CD), upon request. Requests for accommodations may be made by calling (415) 473-4381 (Voice) (415) 473-3232 (TDD/TTY) or by e-mail at disabilityaccess@marincounty.org. Copies of documents are available in alternative formats, upon request. F:PROGRAM/FOOD/FORMS AND HANDOUTS/Food Safety Handouts/Handwashing March 2019

