

# Do's And Don'ts For WASHING WELL

Foodborne illnesses are illnesses caused by eating contaminated food. Following the do's and don'ts below is one way to reduce your risk.

## DO: WASH HANDS OFTEN.

To prevent foodborne illness, take care to wash your hands:

- ✓ Before, during, and after preparing food
- ✓ After handling raw meat, poultry, seafood, fish, or their juices, or uncooked eggs
- ✓ Before eating



## HAND WASHING AT ITS BEST!

**WET** your hands under clean, running water. Turn off the water, then apply soap.

**RUB** your hands together with the soap until bubbles appear. Scrub for at least 20 seconds. Don't forget to scrub:

- ✓ The backs of your hands
- ✓ Between your fingers
- ✓ Under your nails

**RINSE** your hands well under clean, running water.

**DRY** your hands. Use a clean towel or air dry them.



# Do's And Don'ts For WASHING WELL



## DO: RINSE ALL VEGETABLES AND FRUITS BEFORE EATING, EVEN IF YOU PLAN TO PEEL THEM.

Bacteria from unrinsed produce can get on the clean fruit through your hands or your knife.

**Q:** What about vegetables or fruits with firm skin? For example, bananas, cantaloupes, or oranges.

**A:** Produce like this should be rinsed under running water while rubbing with your hand, scrubbing with a clean brush, or a clean washcloth.



## DO: DRY VEGETABLES AND FRUITS AFTER RINSING.

Use a clean cloth or paper towel.



## DO NOT: WASH PACKAGED FRUITS AND VEGETABLES THAT ARE PRE-WASHED.

If produce has a label that says “ready-to-eat,” “washed,” or “triple-washed,” it is pre-washed. You should not wash pre-washed produce.



## DO NOT: USE SOAP OR BLEACH TO WASH PRODUCE.

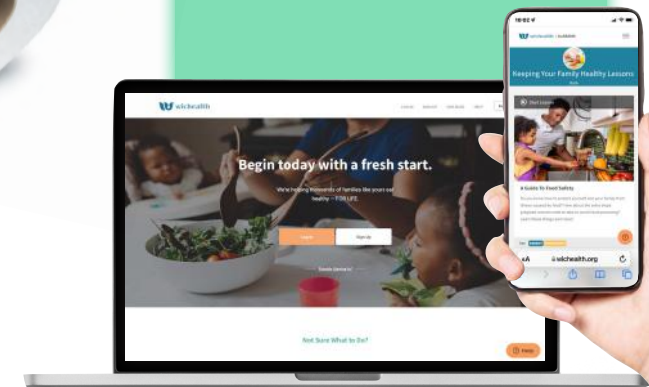
Soap and bleach are not to be used on food. Clean, running water is all you need.

### Take This Lesson to Learn:

- How to avoid E.coli, Salmonella, and Listeriosis.
- Foods to avoid during pregnancy.
- The 4 steps to prevent cross-contamination.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Keeping Your Family Healthy**
- Choose the lesson: **A Guide To Food Safety**



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