

Food Safety

High Five

Remember the High Five
to prevent the spread of infection



Five Steps in Handwashing

Step 1

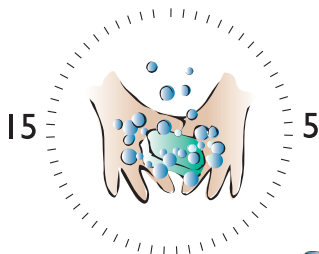
Wet hands with water and then add soap.



20

Step 2

Rub hands together to work up lather and wash for at least 20 seconds.



10

Step 3

Rinse well under a stream of water.



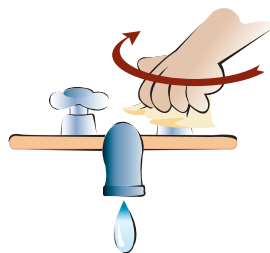
Step 4

Dry hands thoroughly, with a single-use paper towel whenever possible.



Step 5

Turn off a faucet with a paper towel, if possible.



Always Wash Your Hands:

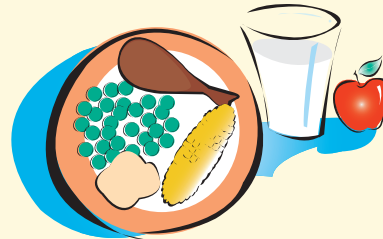
After playing outside



After sneezing or coughing



Before you eat or prepare food



After bathroom trips



After playing with pets



Authors:
Annrose Guarino, PhD, RD, LDN
Beth Reames, PhD, RD, LDN
Heli Roy, PhD, RD, LDN

Visit our Web site:
www.lsuagcenter.com

Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

Pub. 2759

(20M)

08/07

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com