

Clean Hands Will Keep Food Safe

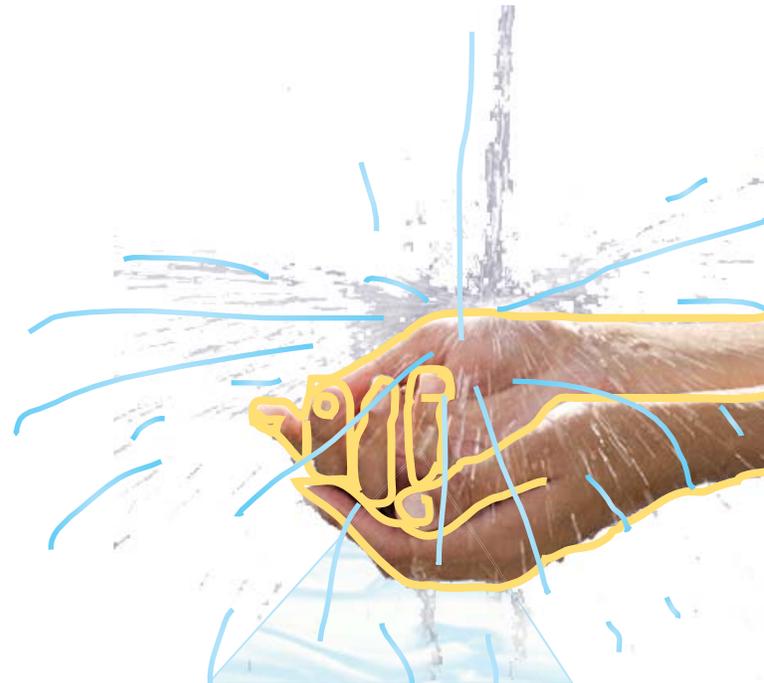
It is important to know about handwashing and food safety because food that goes bad can make you sick. This is called food poisoning, or foodborne illness. Sometimes when you think you have the flu or a virus, you may have a foodborne illness.

First, keep your hands clean. Even if your hands look clean, they may carry a lot of **germs** (or bacteria). **Germs** are everywhere, and they can make you sick! If you wash your hands really well with warm, soapy water, you can get rid of germs.

Germs from dirty hands can get on foods and grow. You cannot see, smell or taste **germs** on foods.

Here are some foods that **germs** like best:

- Meat
- Eggs
- Milk and other dairy products
- Seafood
- Fruits
- Vegetables



Always wash your hands:

Before

Eating a meal or snack
Handling food

After

Using the bathroom
Touching a pet
Coughing or sneezing into
your hands
Combing your hair
Blowing your nose
Handling garbage



Help your child learn good handwashing habits:



happy biRtHday to you.
happy biRtHday to you.
happy biRtHday dEaR...



Try this fun activity that explains why good handwashing takes three things: warm water, soap and rubbing your hands for 20 seconds.

1. Mix vegetable oil with cinnamon in a small bowl.
2. Rub the mixture on your hands.
3. Wash hands together. Try four different ways:
 - a. Cold water only
 - b. Cold water and soap
 - c. Warm water and soap for 10 seconds
 - d. Warm water and soap for 20 seconds
4. What does it take to get all the cinnamon off the hands? Cinnamon is not harmful, and you can see it. Pretend that the cinnamon represents germs. You can't see the germs, so you must wash your hands right!



- While washing hands, count slowly to 20 or sing "Happy Birthday" twice or sing the "Alphabet Song." This will make handwashing fun and long enough.
- Hang a handwashing reminder by the toilet.
- Follow good handwashing techniques always!

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