

Penn State **Extension**

WASH HANDS

Handwashing is the most critical defense against foodborne illness.

Wash your hands before handling or preparing food, or putting on gloves.

You must wash your hands after:

- Using the restroom
- Sneezing or coughing
- Handling raw foods, especially raw meats, poultry, or fish
- Handling money
- Taking out garbage
- Handling any soiled or potentially contaminated items

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Cooperative Extension
College of Agricultural Sciences

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

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Code UK061 2/15pod