

Food handlers:

You are very important in preventing illness in your community.

Always wash your hands **before** handling food, and **after**:

- 1** Sneezing or coughing.
- 2** Using the bathroom.
- 3** Smoking, eating or using toothpicks.
- 4** Handling raw food.
- 5** Clearing and wiping tables.
- 6** Any type of cleaning job.
- 7** Handling soiled objects, like money.

