



Did you know: *People do not wash their hands as often as they think.*

Observations of 6,333 adults in public restrooms showed that only 68 percent washed hands. About 74 percent of women observed washed their hands, compared with 61 percent of men.

In Detroit, 305 schoolchildren who washed their hands four times a day had 24 percent fewer sick days due to respiratory reasons and 51 percent fewer days lost because of stomach upsets.

Having poor personal habits is a major contributing factor in foodborne illnesses.

Washing your hands is one of the best personal habits you can use to prevent foodborne illness and other kinds of illness.

When to wash hands:

- Before preparing food.
- During food preparation, when switching from raw food to ready-to-eat food.
- During food preparation, as often as needed to remove soil and contamination, and to avoid cross-contaminating food.
- After touching your bare body.
- After using the toilet.
- After touching pets.
- After coughing or sneezing.
- After eating, drinking or using tobacco.
- After anything else that gets your hands dirty.
- Before eating.

How to wash hands:

Use handwashing soap and warm water. Scrub for 20 seconds. Be sure to scrub under fingernails and between fingers.

For more information, contact your county K-State Research and Extension office or visit our web site at:
<http://www.oznet.ksu.edu/foodsafety>