



**FOOD SAFETY** INFORMATION COUNCIL

[www.foodsafety.asn.au](http://www.foodsafety.asn.au)

## Always wash & dry your hands

- Before touching or eating food;
- After touching raw meat, fish or chicken;
  - After using the toilet;
  - After blowing your nose; and
  - After playing with a pet.

It's also a good idea not to touch sores or cuts



Wet

Soap

Rub

## 20/20 rule

- Rub hands together for **20 seconds** to build up a good lather with soap, the suds help to float germs away. Don't forget between your fingers and under your nails. You might have to use a brush.
  - Rinse well in running water & get those germs off your hands.
- Dry your hands thoroughly on a clean towel for **20 seconds**. Touching surfaces with moist hands encourages germs to spread from the surface to your hands



Rinse

Dry

 **FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahitereiria me Aotearoa

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