

# Keep Hands **Clean!** with Good Hygiene



**Cleanliness is a major factor in preventing foodborne illness.** Wash hands with warm, soapy water for 20 seconds:


- before and after handling food
- after using the bathroom
- after changing a diaper
- after handling pets
- after tending to a sick person
- after blowing your nose, coughing, or sneezing
- after handling uncooked eggs or raw meat, poultry, or fish and their juices

**For more information, contact:**

USDA Meat and Poultry Hotline

Toll-free at 1-888-MPHotline (1-888-674-6854)

[www.fsis.usda.gov](http://www.fsis.usda.gov)

 **United States Department of Agriculture**  
Food Safety and Inspection Service

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