

DID YOU KNOW?

50% of people have *Staphylococcus aureus*, the bacteria that causes staph infections, living in their nose, throat, hair, or on their skin?¹

Well, now that we have your attention....

FOOD SAFETY: HAND WASHING & CROSS-CONTAMINATION

Hand Washing: We Are All Doing It Wrong

- Only 5% of people wash their hands correctly!²
- Gloves are not a suitable alternative to washing your hands



Five Steps to Hand Washing³

1. Wet with clean, running water
2. **Lather** your hands with soap. Be sure to get the backs of your hands, between your fingers, and under your nails
3. **Scrub** for 20 seconds (ABC's song)
4. **Rinse** with clean, running water
5. **Dry** with a clean towel, or air dry



Cross-Contaminating Food: It Happens More than You Think

How Is Food Cross-Contaminated?

- Touching any surface, including refrigerator handles, countertops, boxes, or cans of food prior to touching food
- When you touch your hands to your face, nose, eyes, hair, or clothes before touching food
- When you touch raw meat, fish, or poultry before touching other foods
- When you touch a cart carrying food before touching the prepared food

To Glove, or Not To Glove:

Do you need gloves?

- Not required per Wisconsin Licensing for Group Centers
- If used correctly, can help reduce the risk of foodborne illness
- Gloves should be changed after touching any surface other than the food being prepared
- Gloves should be changed after touching raw meats or unwashed fruits/vegetables
- Gloves must be worn if the staff member has a cut or open wound