

Keep Hands Clean!



Cleanliness is a major factor in preventing foodborne illness. Wash hands with soap and warm water for 20 seconds:

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

Got Food Safety Questions?

Ask Karen

MPHotline



Visit **"Ask Karen"** at AskKaren.gov to Ask a Food Safety Question.

Call the **USDA Meat & Poultry Hotline: 1-888-MPHOTLINE**
(1-888-674-6854)



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Food Safety and Inspection Service

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