



UNIVERSITY of CALIFORNIA
**Agriculture &
Natural Resources**



**SERVE SAFE FOOD – WASH YOUR HANDS-
TO PREVENT CROSS-CONTAMINATION**

WHEN:

- Before preparing or serving food
- Before beginning a new cooking task
- Before and after handling leftovers
- After using the restroom
- After touching hair or face or other not-sanitized surface
- Whenever you are not sure your hands are perfectly clean

HOW:

- Use the hottest water you can
- Use soap (anti-bacterial soap is not necessary and may not even be desirable)
- Use a brush for fingernails
- Scrub hands, fingernails and forearms vigorously with the soap for 20 full seconds (count one-one thousand, two...)
- Rinse well with clear water and dry, using a disposable towel (with towel in hand, turn off the water and open the door- to prevent recontaminating your hands)