

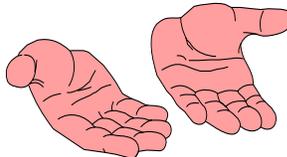
## PERSONAL HYGIENE GUIDELINES FOR FOOD SERVICE WORKERS

**FIRST, A WORD ABOUT HEPATITIS A.** Hepatitis A can be transmitted by water and milk, and by foods such as sliced meats, salads, and pastries.



The disease is spread when food or beverages are contaminated by fecal matter. Symptoms of Hepatitis A may include fever, loss of appetite, nausea, and abdominal pain, followed by a few days of jaundice (yellowing of eyes and skin). A person with Hepatitis A can spread the disease before they develop jaundice.

**CLEAN HANDS ARE THE FIRST LINE OF DEFENSE AGAINST FOODBORNE ILLNESS.** Preparing and serving food with dirty hands can transfer harmful bacteria and viruses to the food. To guard against foodborne illness, wash your hands when you report to work, after eating, drinking, or smoking, and any time you have soiled them.



Each handwashing must include the following:

- Clean your hands and the exposed portions of your arms using soap and warm water, vigorously rubbing together the surfaces of your lathered hands and arms for at least twenty seconds.
- Rinse thoroughly with clean water.
- Pay particular attention to the areas underneath the fingernails and between the fingers.

Each employee should be able to demonstrate knowledge and practice of proper handwashing techniques.

**PROPER HANDWASHING AFTER USING THE BATHROOM IS VERY IMPORTANT.** Serious diseases such as Hepatitis A are caused by poor handwashing procedures after using the bathroom. Therefore, you must use the **double handwashing** procedure to ensure food safety. Double handwashing means that you:

- Wash your hands at the restroom handwash sink immediately after using the restroom and
- Again wash your hands at a designated handwashing sink in the food preparation area before returning to work.

**GLOVES ARE NOT A SUBSTITUTE FOR HANDWASHING.** Employees must wash their hands before putting on a clean pair of gloves and between glove changes.

**USE UTENSILS INSTEAD OF YOUR HANDS TO HANDLE FOOD.** Using the appropriate clean utensil instead of your hands to handle food can help prevent foodborne illness.

**DON'T REPORT TO WORK WHEN ILL.** If you are sick, especially with vomiting, diarrhea, or skin infections, do not go to work. If symptoms persist, see a physician.



**THANK YOU FOR FOLLOWING THESE GUIDELINES.** You have made a major contribution by observing these food safety rules.