

Food Safety for Families

Hand Washing

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Washing Hands Will Help To Keep You And Your Children Healthy!

Dear Parents,

We always teach our children the importance of sharing, but one thing we don't want them to share is bacteria (germs). Hand washing is critical to prevent the spread of bacteria, which helps reduce illness and the spread of infection. Always wash hands before preparing or eating any food item, after using the bathroom, sneezing, coughing, changing diapers, and playing outside or playing with a pet. Teach your children to wash their hands often to prevent the spread of illness and disease caused from bacteria.



What's Your Hand Washing Grade?

The Soap and Detergent Association (SDA) gives Americans a **B-** on hand hygiene! More than 90% said they washed their hands after going to the bathroom. But 39% of the people said they never washed their hands after coughing or sneezing. While 46% wash their hands for 15 seconds or less. The Centers for Disease Control and Prevention and SDA recommend washing with soap and water for at least 15-20 seconds!



What is 15 seconds?

Sing Happy Birthday 2 times!

Follow these 6 Simple Steps to Proper Hand Washing



Paper Towel or Cloth Towel?

Cloth towels can be used instead of paper towels in your home. Assign each person their own cloth towel for drying their hands. Change with clean, fresh towels often. Wash the dirty towels in the washer on the hot cycle with detergent.

Hand Washing

FightBac!®



Bacteria (germs), viruses and parasites are everywhere in the environment! They are organisms that you cannot see, smell, or taste. In fact, they can contaminate food and cause life-threatening illness. Foodborne illness (food poisoning) can strike anyone, especially young children, pregnant women (it endangers their unborn babies too), older adults, and persons with weakened immune systems.

What is your Hand Washing Score?

Think about all the activities that you did today, **did you wash your hands:**

	Yes	No	Did Not Do Today
After going to the bathroom	_____	_____	_____
After changing diapers	_____	_____	_____
After coughing or sneezing	_____	_____	_____
Before preparing breakfast	_____	_____	_____
Before eating breakfast	_____	_____	_____
Before preparing lunch	_____	_____	_____
Before eating lunch	_____	_____	_____
Before preparing dinner/supper	_____	_____	_____
Before eating dinner/supper	_____	_____	_____
Before AND after handling raw meat or poultry	_____	_____	_____
Before AND after handling raw fruits/vegetables	_____	_____	_____
After petting your dog or cat	_____	_____	_____
After handling the garbage	_____	_____	_____

Give 1 point for each Yes. Subtract 1 point for each NO. What is your Score????

