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

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

For more information, contact:
USDA Meat and Poultry Hotline
Toll-free at 1-888-MPHotline (1-888-674-6854)
www.fsis.usda.gov

Visit “Ask Karen” at AskKaren.gov to Ask a Food Safety Question.
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