

Tis' the Season for Clean Hands

Winter Tip Sheet for Healthy Families

- During these festive times, you may come into contact with more than your friends and family – germs that can make you sick.
- Wash hands thoroughly and often! Always wash your hands with hot soapy water before handling food and after using the bathroom. Remember hands that look clean may be contaminated with millions of germs.
- Add some seasonal cheer to hand washing by singing your favorite holiday tune for 20 seconds while you lather up!
- If soap and water are not readily available use a hand sanitizer.
- Disinfect countertops and surfaces often to kill harmful germs! Not all cleaning products disinfect so be sure to select products that are labeled as disinfectants. Follow usage directions carefully.
- Sponges, towels, and washcloths used in the kitchen should be kept clean, as they can harbor bacteria which can be transferred to cookware, your hands, and throughout the kitchen.
- Knives, utensils, and cutting, and knives should be washed and sanitized between each use.
- Use separate cutting or chopping boards for meats and for fruits/vegetables. **DO NOT** put cooked food on cutting boards that have touched raw food.

