

## **Preventing Contamination**

Poor personal hygiene represents a serious threat to food safety and the health of our guests. It is important that you minimize the number of microorganisms you bring in from home. In many cases an apparently healthy person may be carrying harmful microorganisms.

Because of these dangers, you should follow these guidelines:

- Wash your hands with soap & hot water for twenty seconds or more each and every time!!!
- Wash your hands before and regularly throughout your shift.
- Wash your hands before you handle any food.
- Wash your hands after using the telephone.
- Wash your hands after working with any kind of raw meat.
- Wash your hands after you sneeze or cough.
- Wash your hands after visiting the restroom and again before you begin to handle food.
- Wash your hands after tying your shoes.
- Wash your hands after smoking, eating, or drinking.
- Wash your hands after handling money.
- Wash your hands after handling dirty dishes or equipment.
- Cover all cuts and sores with bandages and single-use gloves.
- Do not wipe your hands on your uniform or apron.
- **Do not** use the apron to carry food or wipe off utensils.
- **Do not** wear your apron to the bathroom or when you go on break.
- **Do not** scratch your head, nose, eyes, or face while handling food.
- **Do not** touch open sores or blemishes.
- **Do not** wear a dirty Hideaway shirt or pants.