



HAND WASHING GUIDELINES

Washing your hands correctly and often is an important food safety measure to minimize the risk of contaminating blueberries. Here's how to wash your hands the right way.

WHEN SHOULD YOU WASH YOUR HANDS AT WORK?

- Before you begin
- Before you touch blueberries
- After using the toilet
- After blowing your nose, coughing or sneezing
- After smoking
- After eating
- After touching garbage

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1 **WET** your hands with clean, running water.



2 **SOAP AND LATHER** your hands by rubbing them together. Lather the backs of your hands, between your fingers, and under your nails.



3 **SCRUB** your hands for at least **20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



4 **RINSE** your hands well under clean, running water.



5 **DRY** your hands using a paper towel. Turn off the water with the towel and discard.

