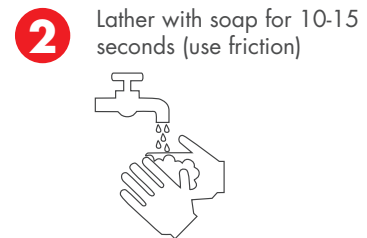


# FOOD SAFETY 101:

## PROPER HAND WASHING & GLOVE USE

### WASH YOUR HANDS BEFORE AND AFTER WEARING GLOVES



### HOW TO WEAR GLOVES CORRECTLY

Wash hands thoroughly before putting on a new pair of gloves.

Always wear gloves to handle ready-to-eat foods (sandwiches, salads, meats, breads, or ice).

Use gloves that fit properly and that are best suited for the task.

Change gloves with each new activity (making sandwiches and then handling money) or when leaving work stations.

Change gloves after sneezing, coughing, touching hair or face, or touching any unclean surface.

Change gloves often – at least every 4 hours when working on the same task. Handle gloves by the cuff.

### WEAR YOUR GLOVES WHEN HANDLING READY-TO-EAT FOODS



Ready-to-eat (RTE) foods are ready for consumption – no additional preparation such as cooking will occur. Examples include bagged salad greens and bread items.

### CHANGE GLOVES OFTEN TO AVOID CROSS-CONTAMINATION

**CHANGE GLOVES...**

- 1** If ripped or torn
- 2** If soiled
- 3** When starting a new task or activity
- 4** When you leave your work station

### TOO SICK TO WORK? DON'T SHARE YOUR GERMS!



#### TELL YOUR MANAGER...

- If you are too sick to work or a household member has been diagnosed with:
- Typhoid Fever (caused by Salmonella Typhi)
  - Salmonella (non-typhoidal)
  - Hepatitis A
  - Norovirus
  - Shiga toxin-producing E. Coli
  - Shigella
- If you are experiencing any of these symptoms:
- Vomiting
  - Sore throat with fever
  - Diarrhea
  - Lesions containing pus
  - Jaundice

**If you are sick and contaminate the foods you prepare or serve, those eating these foods may also get sick. For more information, visit [www.cdc.gov](http://www.cdc.gov) or [www.fda.gov](http://www.fda.gov).**