

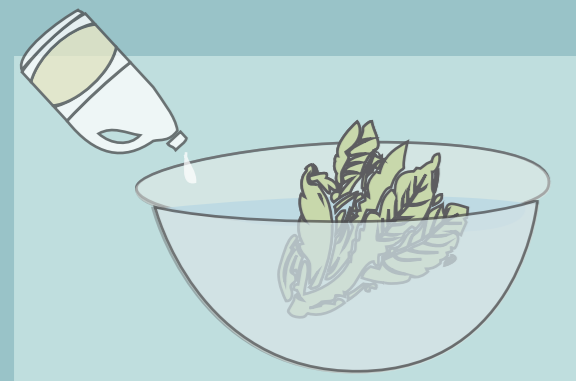
IT'S IN YOUR OWN HANDS

THINGS YOU CAN DO TO AVOID BACTERIAL INFECTIONS

HAVE YOU HANDLED MEAT, FISH OR EGGS?



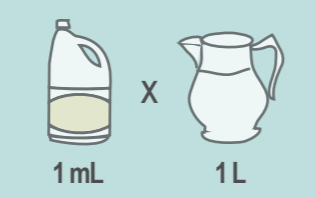
WASH YOUR HANDS



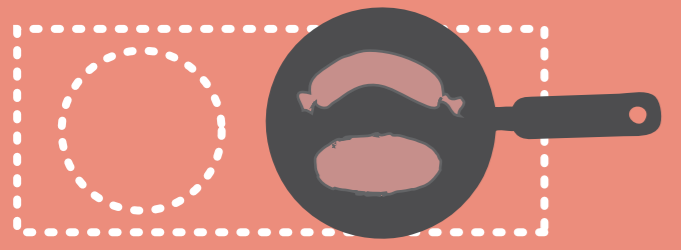
If you do not wash your hands, you may contaminate fruit or vegetables with bacteria from the meat, fish or eggs

THOROUGHLY WASH VEGETABLES THAT ARE EATEN RAW.

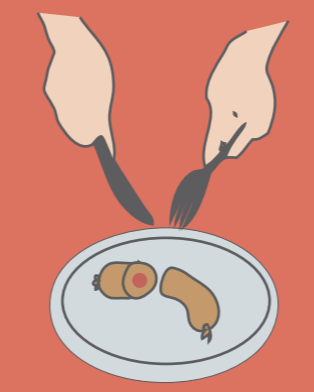
You can wash with water alone or soak the vegetables in water containing a few drops of bleach



HEAT FOOD ADEQUATELY
PARTICULARLY MINCED MEAT.



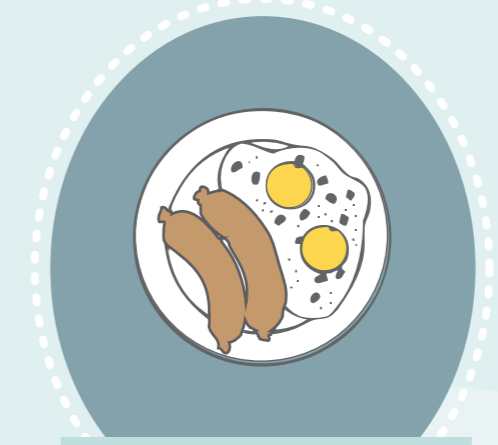
Heating food all the way through to a safe temperature (about 60°) will eliminate most harmful microorganisms.



— WHEN SHOULD YOU — *wash your hands?*



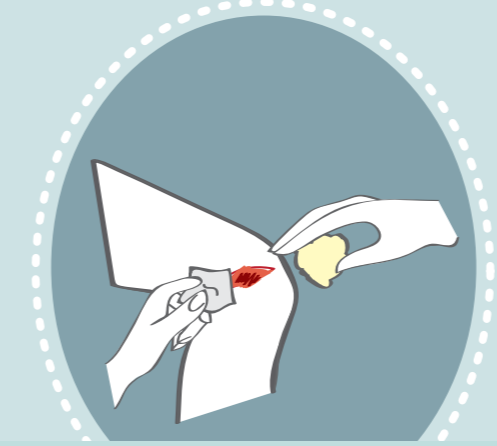
Before, during and after you handle food.



Before you eat.



Before and after you touch a sick person.



Before and after you treat a wound or cut.



After you use the bathroom.



After you change a nappy or clean a child who has gone to the bathroom.



After you blow your nose, cough or sneeze.



After you touch an animal or handle animal food or waste.



After handling rubbish.