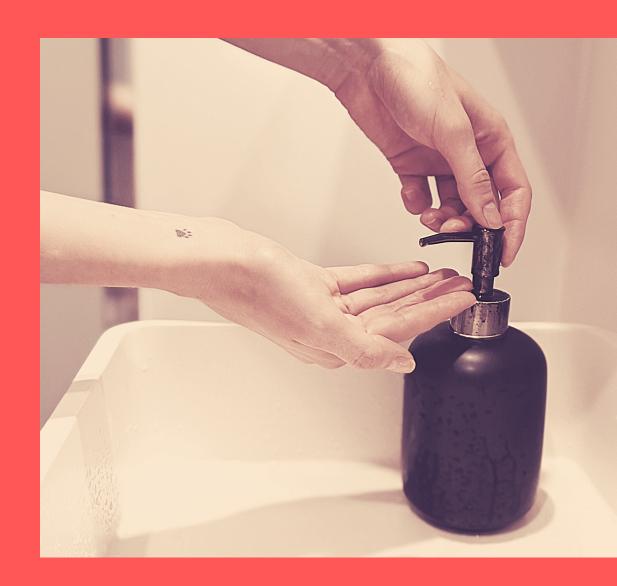
Caring for Friends at St. Andrews

Proper hygiene prevents food contamination of any sort.

hands beofre , as well as something else Wet your hands before applying soap.





Hake sure to wash your and after preparing food inbetween if you go do s

Source: World Health Organization

02

Bring your palms

together and rub

soap all over the

palms and backs of

your hands, including

between the fingers.

Wash your hands for at least 20 seconds.



Wipe your hands with a clean towel or paper towel and avoid rubbing too vigourously.



