



What if.....Your hands were really dirty?

You can easily see dirt, but you can't so easily see germs.

Look at your hands now.

Are they clean? No obvious sign of dirt, but what about germs? Just because you can't see germs doesn't mean that they aren't there. They are invisible to the naked eye.



Take a magnifying glass and look at your hands. Is the skin smooth or can you see tiny cracks and lines?

Can you see where germs might hide? You really need to rub your skin well with soapy water & rinse them in clean water to get rid of them.

What about under your fingernails – could they hide there?

Germs are all around us, most of them are harmless. But some can make us sick, especially if we let them hitch a ride from our hands onto the food we eat.

How do you wash your hands?

1. Wet, soap & rub hands together well to build up a good lather, the suds help to float germs away. Don't forget between your fingers and under your nails. You might have to use a brush.
2. Rinse well in warm water & get those germs off your hands.
3. Dry your hands thoroughly. Touching surfaces with moist hands encourages germs to spread from the surface to your hands.

What is food poisoning?

With food poisoning you feel sick – real sick. Your tummy may be upset, you might vomit, you could have chills & fever. It's definitely not cool!

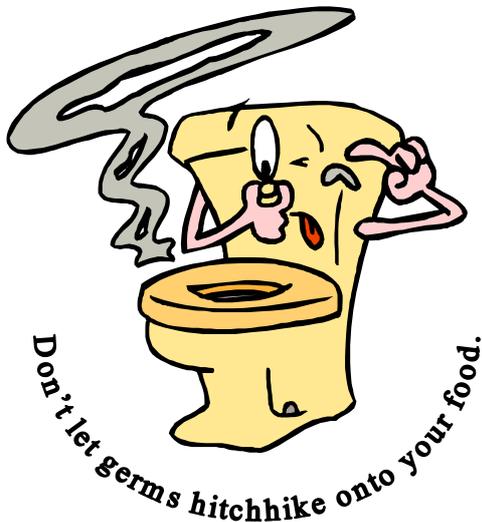
It happens because germs get into your food. When you eat the food containing the germs or the poisons they make you get sick.

One way germs can get into your food is by touching food with dirty hands



How do germs get onto your hands?

Everything you touch is can transfer germs onto your hands – but especially dirty items, sores, pets, used handkerchiefs and tissues and the things you touch when you go to the toilet.



Getting rid of most germs is simple - wash and dry your hands.

Always wash and dry your hands

- before touching or eating food
- after touching raw meat, or chicken
- after using the toilet
- after blowing your nose
- after playing with a pet

It's also a good idea not to touch sores or cuts.

Need more information?

Hawkesbury City Council has food handling seminars, three times per year. To get further information on food safety in Hawkesbury or the seminars, please contact Lesley Maybury on ph 02 4560 4571.

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