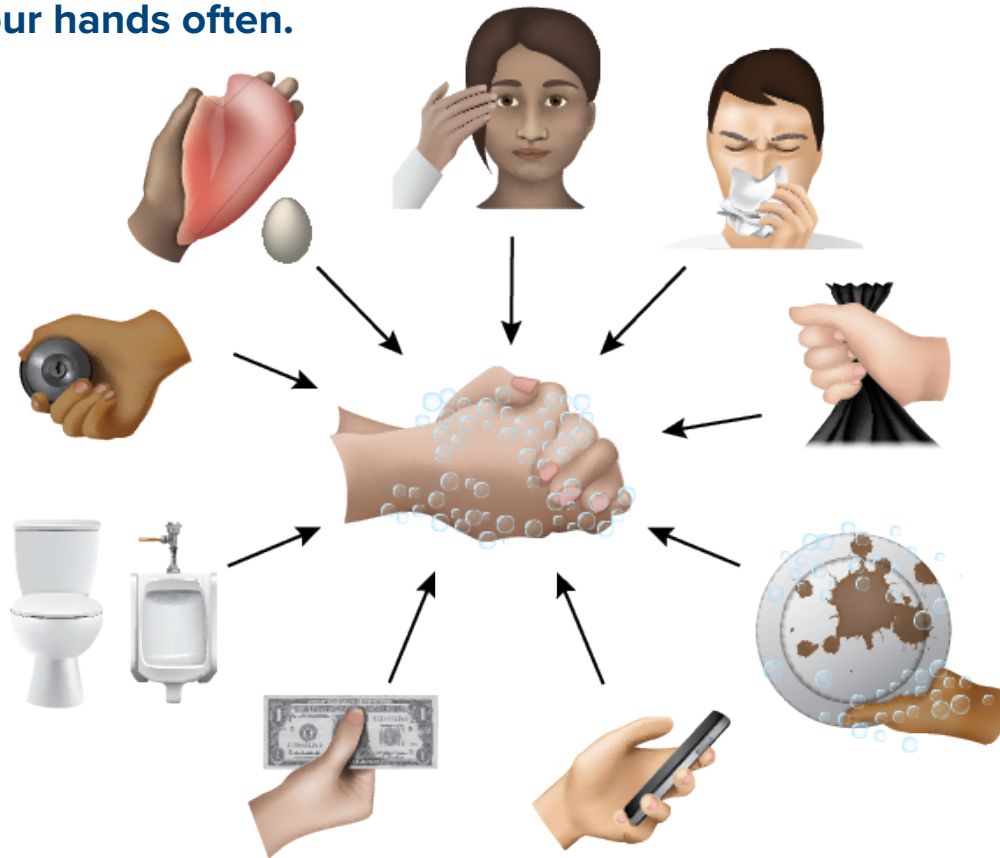# Handwashing

The best way to prevent foodborne illness is to wash your hands. Germs on your hands can get into food when you don't wash your hands correctly. You can't see germs with your eyes, so you can spread germs even if your hands look clean.

Wash your hands often.

Wash your hands after you:

- Use the bathroom
- Enter the kitchen
- Touch raw meat, seafood, poultry, or eggs
- Touch your hair or face
- Cough or sneeze
- Handle garbage, dirty dishes, money, or chemicals
- Eat, drink, or smoke
- Take a break or use your phone

Hand Sanitizer

Do not use hand sanitizer instead of handwashing. You may use a hand sanitizer after washing your hands.

> Wash whenever your hands are dirty.

⭐ *Trim fingernails so they are easy to clean. Wear gloves over painted or artificial fingernails to prepare food. For example, wear gloves to stir soup if you have artificial fingernails.*