

# Be Coronavirus Safe

# Keep hands clean and food safe

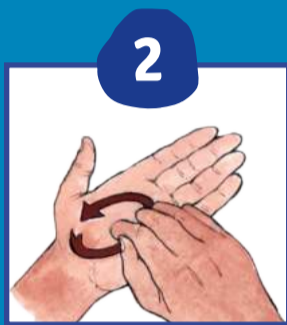
## How to wash your hands

Use these steps to wash your hands for at least 20 seconds.

- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.



Rub palms together.



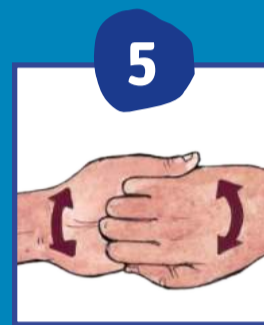
Rub tips of nails against palm.  
Swap hands.



Rub fingers between each other.



Place one hand over back of other, rub between fingers.  
Swap hands.



Grip fingers and rub together.



Rub each thumb with opposite palm.  
Swap hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.

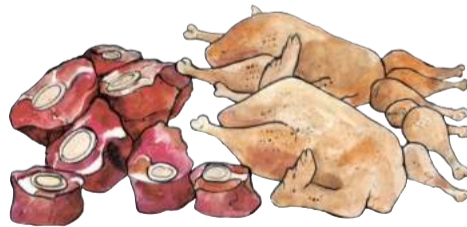
## Wash hands before and during

Wash hands before and after food preparation.



Before lunch and tea breaks

Before and after handling raw meat or poultry



Between different tasks

Before handling anything else other than food. For example, keys, mobile phones.



Before leaving the kitchen for any reason

Before serving food

 National Hotline: 0800 029 999

 Provincial Hotline: 021 928 4102



Western Cape  
Government

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[www.westerncape.gov.za](http://www.westerncape.gov.za)

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## Wash hands after



Coughing, sneezing, blowing nose, smoking or touching your face



Handling personal items such as mobile phones



Using the toilet



Handling groceries



Cleaning surfaces and doing dishes



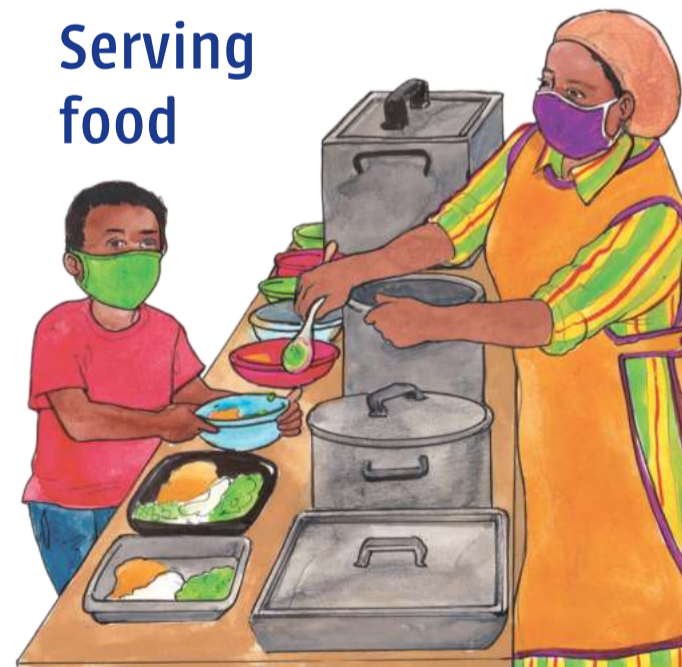
Collecting dirty dishes and trash

Lunch and tea breaks (eating or drinking)



Handling waste

Serving food



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