

# What You Need to Know about Personal Cleanliness

## Germ Live on Food Handlers, Too

Germ that can cause foodborne illness can live **on a food handler's hands, body, clothes, and** personal belongings. If a food handler carries germ that can cause foodborne illness, they can pass them on to food when cooking or serving.

## Wash Your Hands Often

All food establishments must have hand washing stations that cannot be used for anything other than hand washing. Do not block these stations and do not use other sinks to wash your hands. Stations must have soap and paper towels. A trash can should be close to each station.

To wash your hands:

- Turn on hot water (not hot enough to burn skin). Wet hands and exposed lower arms.
- Add soap to hands, lather, and scrub for 20 seconds between fingers, under fingernails, backs of hands, and exposed lower arms.
- Rinse off all soap and use a dry, clean paper towel to turn off the water. Use another dry, clean paper towel to dry your hands.

You should wash their hands:

- After touching your hair, body, or clothes
- Before putting on new gloves, switching between raw foods and ready-to-eat foods, and serving food to the public
- After using the restroom, sneezing, coughing, cleaning dishes, and using sanitizer solution or other chemicals

## Wear Clothes that Fit Well and Put Away Personal Belongings

Wear clean, well-fitting clothes when coming to work. Clothes that fit well are not loose around the body, making them less likely to hold onto dirt and germ that can come into contact with food.

Make sure all personal belongings like purses, cell phones, and coats are kept out of food preparation areas because they can spread germ,

## Cover Head and Facial Hair

Hairnets or hats must be worn by all food handlers, even those with short hair. Hairnets and hats should cover and secure all pieces of hair. Facial hair, like a beard, should also be covered by a hairnet.

Hairnets are a better, cheaper option to stop hair from falling into food. They work better than baseball caps or hats and are less likely to carry dirt and germ.

## Wear Gloves when Handling Food and Kitchen Utensils

Food handlers are required to wear gloves before handling ready-to-eat food, but should wear gloves before handling any food. Hands must be washed before putting on gloves.

Gloves are one-time use and should be changed and thrown away when switching between foods or kitchen utensils. They should also be thrown away if they are damaged or broken.



**Public Health**  
Prevent. Promote. Protect.

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