

# When to wash your hands



**Before**  
Handling  
food



**Before**  
Eating



**After**  
Handling  
rubbish



**After**  
Going to  
the toilet



**After**  
Handling  
raw meat  
or fish



**After**  
Touching  
pets



# When to wash your hands



**After**  
Biting  
your nails



**After**  
Coughing  
and  
sneezing



**After**  
Touching  
cuts



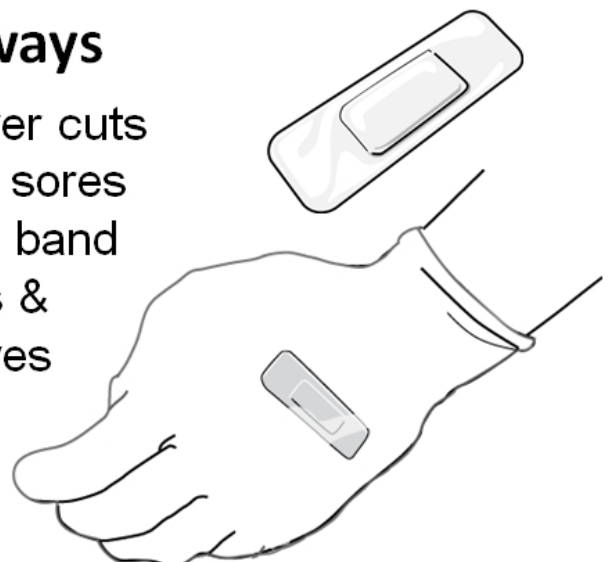
**After**  
Touching  
pimples  
or sores



**After**  
Smoking



**Always**  
Cover cuts  
and sores  
with band  
aids &  
gloves



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Food safety & hygiene

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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