

HANDLE YOUR HYGIENE

According to the World Health Organization (WHO), “hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.”

Healthy hygiene has far-reaching effects: for your health, for the global community, and for the environment.

Embrace good hygiene practices to prevent illness and promote healthful work and living spaces.

HANDWASHING ETIQUETTE

Handwashing is one of the best defenses against spreading and catching illnesses. For routine handwashing, the CDC recommends a vigorous rubbing together of all surfaces of lathered hands (top of hand, between fingers, thumb, nails, wrists) for at least 20 seconds, followed by thorough rinsing under a stream of water. This process removes microorganisms from the hands, preventing their potential transfer. Dry hands with a clean paper towel or air dry. If hand sanitizers are your only option, be sure they are at least 60% alcohol and rub vigorously until dry.

FOOD SAFETY

Make sure food is handled, prepared and stored safely in order to prevent foodborne illnesses. The

USDA endorses the following best practice for food safety:

- Be sure food purchased is not expired, and packing is intact.
- Refrigerate perishable food within 2 hours (1 hour when the temperature is above 90°F)
- Wash your hands before and after handling food. Do not cross-contaminate – raw meats must be prepped separate. Clean all services, cutting board and utensils before and after being exposed to raw food. Cutting boards can be sanitized by using a solution of 1 tablespoon of liquid chlorine bleach in 1 gallon of water.
- Cook food to proper temperature to keep food safe for eating.



SERVE FOOD PROPERLY

QUICK GUIDE TO PROPER AND SAFE INTERNAL TEMPERATURES WHEN COOKING RAW FOOD

Beef, Pork, Veal, Lamb (Ground)	160°F
Beef, Pork, Veal, Lamb (Steaks, Chops, Roasts)	160°F (Allow to rest for at least 3 minutes)
Chicken & Turkey	165°F
Eggs	160°F
Fish & Shellfish	145°F
Leftovers	165°F
Ham (Fresh, Smoked, Uncooked)	145°F (Allow to rest for at least 3 minutes)
Ham (Fully cooked ham, to reheat)	165°F
Ham (Fully cooked hams packaged in USDA inspected plants)	140°F

- Hot food should be held at 140°F or warmer
- Cold food should be held at 40°F or colder
- Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90°F).

HYGIENE ON THE ROAD

When travelling, be sure to wash hands, face, and body regularly to keep your body protected from

germs. Pack soap, toothpaste and antibacterial gel to stay clean and protected.

When eating, select real foods that are not overly handled. Select cooked options over raw choices.

Be sure to handle all of your food with clean hands to avoid infecting your food.

When selecting snacks, opt for fruits that you can peel yourself (banana, oranges); wash the skin before peeling.

CARE ABOUT YOUR COMMUNITY

The goal of hygiene promotion is to help people to understand and develop good hygiene practices as an effort to prevent disease and promote positive attitudes towards cleanliness, health and efficiency of the population. Research your local community initiatives. Get involved, volunteer, and raise awareness for a community cause.

GO GLOBAL

Think about caring for you, your family, your peers, your planet. Select initiatives that drive purpose beyond where we sit. Think global strategies: healthy living for all, recycle, go green, donate, environmentally friendly living, food security, air quality, safety.

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