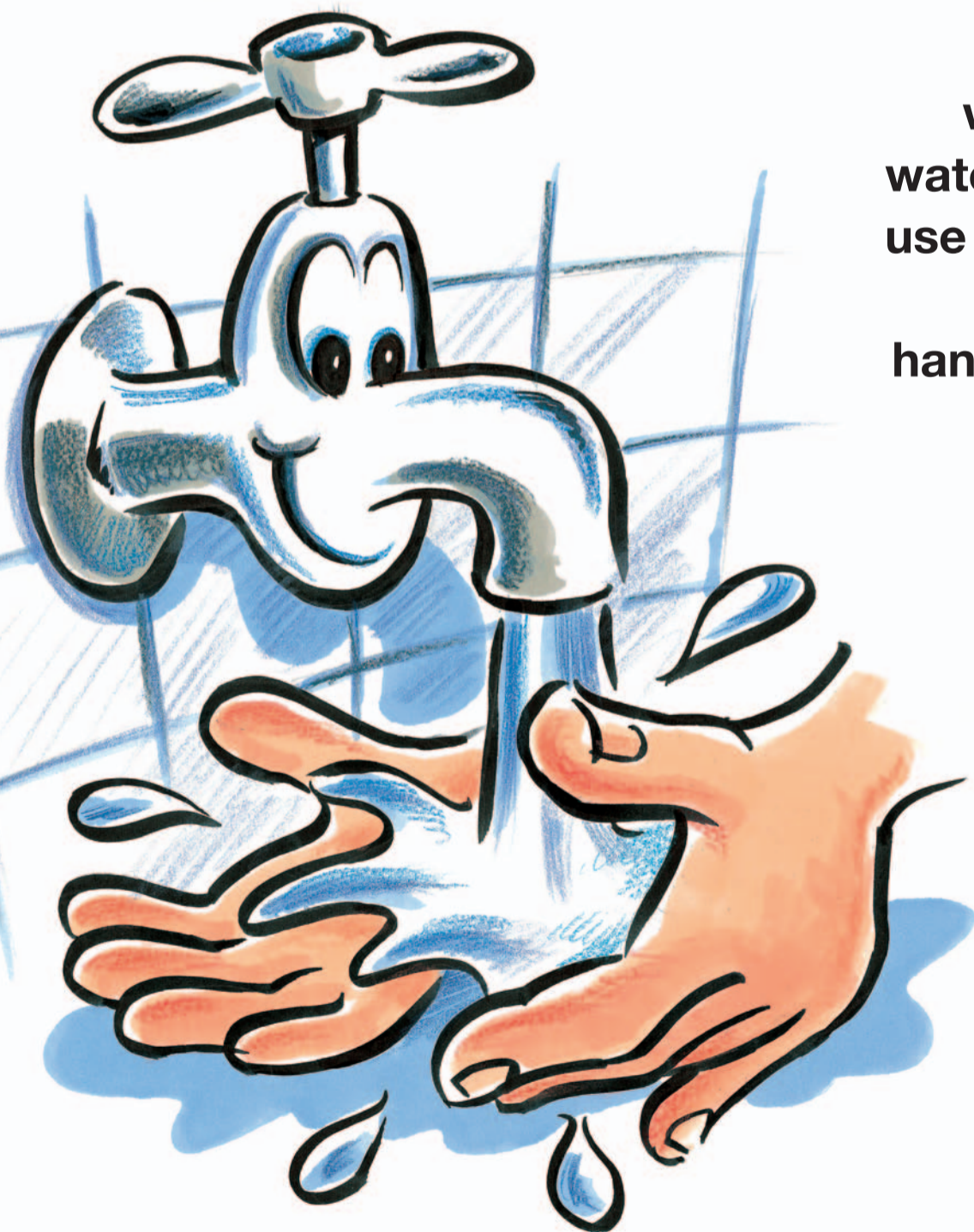


*For goodness sake*

# Wash your hands

with soap and warm running water and dry them on a single-use towel or air dryer especially before preparing food, after handling raw meat or poultry or after using the toilet.



**FOOD SAFETY**   
*For goodness sake*



Department  
of Health