

*all «hands» on deck !*

# your wash hands



With soap and warm running water and dry them on a single-use towel or air dryer especially before eating, before handling food, after handling raw food and eggs, after using the bathroom, after blowing your nose !

## **Food Safety**

Seafarers' Health Information Programme

**Healthier, fitter, safer**

International Seafarers' Welfare and Assistance Network

**[www.seafarershealth.org](http://www.seafarershealth.org)**

