

The Importance of Handwashing When Dealing with Food



THE DANGERS OF MEAT

- Bacteria often found in raw meat includes:
 - *Salmonella*
 - *Escherichia coli*
 - *Campylobacter*
 - *Shigella*
 - *Vibrio*
- Common symptoms of food poisoning include:
 - Fever
 - Diarrhea
 - Abdominal Pain
 - Headache
 - Nausea



THE HIDDEN DANGERS OF RAW PET FOOD

Bacteria Identified	Percent Found in Raw Diets	Symptoms of Infection
<i>Escherichia coli</i>	64%	<ul style="list-style-type: none">● Abdominal cramping● Diarrhea,● Vomiting
<i>Salmonella typhimurium</i>	20%	<ul style="list-style-type: none">● Nausea● Vomiting● Fever● Diarrhea
<i>Clostridium perfringens</i>	20%	<ul style="list-style-type: none">● Abdominal pain● Diarrhea● Vomiting● Can result in necrosis of tissue

(Weese, 2005)

(Yao,2020)

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The Magic of Handwashing

- From 2006 to 2016, the number of worldwide deaths attributed to unsafe water, poor sanitation and lack of hand hygiene decreased by 25%
- Handwashing with soap can reduce the prevalence of pneumonia and diarrhea, the two leading causes of child mortalities (deaths) for those younger than 5 years.
- Handwashing education can reduce the number of people getting sick with diarrhea by 25% to 30%. It can reduce diarrheal illness in people with HIV by 50%. It can also reduce respiratory illnesses in the general population by 20%.



Why is Handwashing so effective?

- When you are washing your hands with soap and water you are essentially mixing the oil or grease that is on your hands with the soap and dispelling the mixture off of your hands with running water.
- Soap is designed with polar and nonpolar sections that act as an emulsifier, or mixing component between water and oil -like substances on your hands that attract dirt. Soap mixes with the dirt and is suspended on your hands, and the water from the sink rinses the mixture off.
- The other reason why handwashing is so effective is because targeting your hands serves as a preventative measure since people touch their eyes, nose and mouth very often without realizing. If you clean your hands, you are less likely to spread microbes into your orifices.



Handwashing When Dealing with Food

- When:
 - Before and After Preparing Food
 - Before and After Eating Food
 - After Touching Dog Food
- Benefits:
 - Handwashing with soap and water can reduce the presence of bacteria to 8%
 - Can reduce diarrheal illness by 23 to 40%
 - In 2003, 40% of foodborne illness outbreaks were caused by improper food handling in the home



Handwashing

How to properly wash your hands:

1. Wet hands with warm water
2. Apply soap
3. Create a lather and scrub your hands for 20 seconds
4. Rinse your hands
5. Dry with a clean towel



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