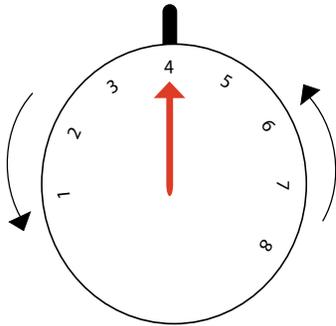


A CLEAN KITCHEN PREVENTS DISEASE

Food germs are most often found in milk, eggs, poultry, pork, beef, and fish. They are very harmful and can even cause death in children. To prevent food germs follow these general rules.

- Wash your cutting boards, dishes, and counter tops with hot soapy water or bleach after using them.
- Cut vegetables and meats on different cutting boards.
- Use plastic cutting boards instead of wood where bacteria have a harder time hiding.
- Use paper towel instead of cloth to clean up after preparing food.
- Don't place cooked meat on a plate or surface where raw meat has touched.
- Always keep fresh milk in the fridge.
- Do not refreeze thawed meat.
- Do not store food in open can.
- Keep the refrigerator set at medium to protect your food.



“Preserve your food by keeping your refrigerator cold”

For more information on the Internet about food safety and hygiene, please visit:

www.cdc.gov/cleanhands

www.cdc.gov/foodsafety



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STOP THE SPREAD OF GERMS—WASH YOUR HANDS

Hand Washing is the best way to prevent illnesses like the cold and the flu. Germs can spread easily from person to person through touching. Using “antibacterial” or “deodorant” soap is the best way to kill germs that spread disease.

A CLEAN BODY KEEPS YOU HEALTHY

taking a bath with deodorant or antibacterial soap helps to kill the germs that create body odor.

Put on clean clothes and under wear after you wash your body.

Washing your hair twice a week with “shampoo” can prevent the skin on your scalp from flaking. “Conditioners” can prevent your hair from becoming too dry after washing. Different types of hair require different shampoos and conditioners. Ask your friends and family for advice.

The shampoo that you buy at the store cannot kill lice. If you have lice, you must go to your doctor to get special shampoo.

TEACH YOUR CHILDREN AND FAMILY WHEN TO WASH THEIR HANDS WITH SOAP

1. Before eating, cooking, and touching food.
2. After using the restroom.
3. After cleaning a child, or changing a child’s diaper.

4. Teach your children and family how to wash their hands properly.

TEACH YOUR CHILDREN AND FAMILY HOW TO WASH THEIR HANDS PROPERLY

1. Wet your hands under hot water.
2. Use soap and rub your hands for 45 seconds.
3. Wash carefully in between your fingers and under your finger nails.
4. Rinse with running water and dry with a paper towel or clean cloth.
5. Germs can hide under your finger nails so be sure to keep them short.

Deodorant is something that is applied under the armpits to reduce body odor. Deodorants are available in a liquid, gel, or spray. They can be used by both men and women. It is a good idea to groom your hair if you are at school or work.

CLEAN LAUNDRY KEEPS GERMS AWAY

Cleaning your clothes and bedding with laundry soap at least once a week prevents skin rashes.

CLEAN HOUSE KEEPS GERMS AWAY

Insects and mice spread germs. Be sure to sweep your kitchen often and to clean your floors with floor soap and bleach.

