



Personal Hygiene and the Coronavirus

Ways to prevent the spread of Covid-19 during food handling, preparation, production and distribution/delivery. Food hygiene and personal hygiene are the most effective ways to protect yourself and others from the coronavirus.

1. **Hand washing** - as soon as you report to work and have put away your belongings and changed, if appropriate, you should wash your hands. Food workers should follow these steps when washing their hands:
 - a. Rinse hands over warm water
 - b. Add liquid soap to hands and lather
 - c. Move one hand over the other and between fingers
 - d. Rinse hands thoroughly over warm water to remove soapy lather
 - e. With a single-use paper towel, dry your hands and use the same paper towel to turn off the water faucet; or place hands under an automatic hand dryer.
2. **Hair Nets** – all food workers must wear hair nets to protect the food from physical hazards such as hair, from entering the food. Alternatively, a cap can be worn if it covers all of the hair.
3. **Beard Guards** – for males who have a beard, a guard must be worn to achieve the same protection as when wearing a hair net.
4. **Disposable gloves** – food workers must wear gloves, particularly when preparing raw, ready to eat foods like conch salad or leafy green salads. Gloves must not be worn for more than 4 hours. Furthermore, when there is a change in task, the gloves must be changed, e.g., when re-stocking, emptying the garbage or using the toilet, etc.; gloves should fit the hand firm to avoid slips and/or accidents, especially when using a knife.
5. **Disposable aprons** – these must be worn if handling and preparing food. A disposable apron not only protects your clothing but protects the food from coming in contact with personal wear that can be a vector for contamination. Disposable aprons should be changed if using the toilet, emptying the garbage or taking a break, etc.