



Cornell University
Department of Food Science

**GOOD HYGIENE
PROTECTS EVERYONE!**



Good Hygiene helps everyone!

What is Good Hygiene?

- **Good hygiene includes things people do to stay healthy, like:**
 - ✓ **washing your hands thoroughly and often**
 - ✓ **taking a shower every day**
 - ✓ **wearing clean clothes to work**

Why is Good Hygiene important in the fields?

- **Good hygiene helps prevent you and others from getting sick.**
- **Good hygiene helps keep fruits and vegetables safe to eat.**

To help you practice **good hygiene**, a grower is responsible for providing enough toilets and hand washing sinks where you work. It's the law.

When there are enough toilets, you have . . .



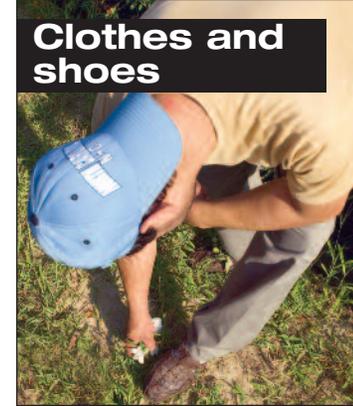
Toilets should be kept clean and have soap, water and paper towels. This way you will not need to use the fields as a toilet and you can wash your hands properly. If there is a problem with the toilets, tell your boss.



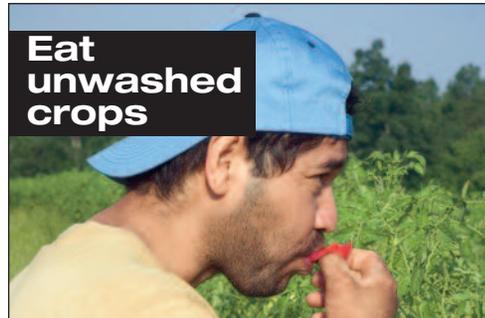
Why are toilets so important?

Animal and human feces contain bacteria. In the fields, it can get on you and on the fruits and vegetables. This can make you sick.

Bacteria in waste can get on . . .



Bacteria can get in your body when you . . .



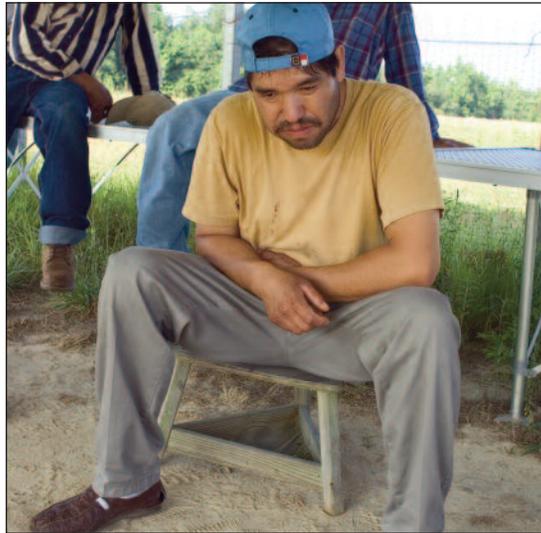
And bacteria can make you sick . . .



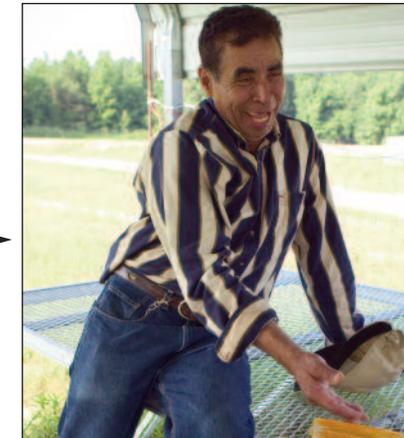
Did you know YOU can spread bacteria to others and not know it?

If you get an **illness from bacteria** . . .

you may feel sick



or you may feel fine.



Either way, you can spread harmful bacteria to your family, to others, and to the fruits and vegetables you handle. So use good hygiene to protect everyone.



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