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.
Acknowledgements: We would like to acknowledge the assistance of the many individuals, including growers and collaborators, who reviewed this booklet and provided helpful suggestions. We would like to thank all of the farmworkers and their families who allowed us to photograph them and who shared their experiences and perspectives with us throughout the development process. A special thanks to Howard McAdams, Jr. for allowing us to photograph on the McAdams Farm in North Carolina. We would also like to give Juan Collazo Jr. and Elizabeth A. Bihn credit for their photography contributions.

This booklet was produced by: Auger Communications/Aprendo Press in collaboration with Inter-Am English & Spanish Communications.

Auger Communications/Aprendo Press
P.O. Box 51392, Durham, NC 27717
Tel: 919.361.1857 • Email: sauger@mindspring.com
www.aprendopress.com

Inter-Am English & Spanish Communications
P.O. Box 2531, Chapel Hill, NC 27514
Tel: 919.933.9118 • Email: Inter-am@mindspring.com
www.inter-am.com

The creation and printing of this booklet is made possible through funding from the United States Department of Agriculture, Cooperative State Research, Education, and Extension Service through a grant to the National Good Agricultural Practices (GAPs) Program at Cornell University, Agreement No. 51110-9738-00.

For additional copies contact: National GAPs Program
607.254.5383 • email: eab38@cornell.edu
www.gaps.cornell.edu
© 2005