

CLEAN

Hand Hygiene

Proper handwashing is essential to prevent the spread of illness. A portable hand wash station is ideal but hand sanitizer can be an appropriate alternative. Always use a clean, safe source of water for washing.

Handwashing

- Wet hands and apply soap. Rub hands together for at least 20 seconds
- Rinse hands well under running water.
- Dry hands completely with a paper towel.

Hand Sanitizing

- An alcohol-based hand sanitizer can be used if soap and water are not available.
- If hands are visibly soiled and cannot be washed with soap and water, use towelettes to remove any dirt.
- Use enough sanitizer to cover the surfaces of your hands and fingers.
- Rub your hands together until all the product has disappeared.

Dishwashing

Proper dishwashing involves a three-step process:

1st—Wash

Until clean with dish soap and water



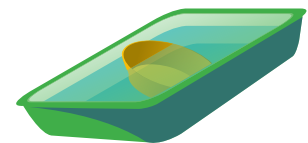
2nd—Rinse

With clean water to remove all soap



3rd—Sanitize

Soak for 2 minutes in a unscented bleach & water solution (5mL of 5.25% bleach to 1 L of water)



SEPARATE/STORAGE

Keep raw foods like meat, poultry and seafood separate from other raw and ready to eat foods during storage and preparation to prevent cross contamination.

- Store foods in leak proof plastic bags or airtight containers to avoid cross contamination, including ice that may be used in drinks.
- Pack raw meats and poultry at the bottom of the cooler to prevent juices dripping on other foods.
- Use clean plates and utensils for serving cooked foods.
- Keep coolers in a shady spot and keep them covered with a blanket or tarp.
- If using ice, remember to drain the water and replenish with fresh ice. If using freezer packs, replenish once thawed with ice or additional frozen freezer packs.
- Wash and sanitize the inside of your cooler before and after each use.

COOK

Cook foods thoroughly to kill harmful bacteria. Don't guess, check foods with a digital probe thermometer.

- Use a food thermometer to check that all food is cooked to 74°C (165°F).
- Place thermometer in thickest part of the food or meat, avoid any bones.
- Clean thermometer before using again.
- Eat food hot, do not let foods sit in the **Temperature Danger Zone** (4°C to 60°C) where bacteria can grow quickly.

CHILL

Use an insulated cooler with a cold source such as freezer packs, ice, etc. to store perishable foods (that are normally kept in the refrigerator).

- Refrigerate or freeze food the day before you pack it in your cooler if possible.
- Keep cold food cold, at or below 4°C (40°F).
- Cover and store any leftover cooked food in the cooler. Never put hot food into a cooler.
- Throw away any food that has been left in the **Temperature Danger Zone** (4°C to 60°C) for more than 2 hours.

SAFE WATER

Use safe water for drinking, cooking and washing. Water from springs, lakes and rivers may not be safe even if it looks clean. Use tap water from a safe source or bottled water where possible.

- If safe tap or bottled water is not available, water can be treated on-site to kill bacteria & parasites:
- Before boiling remove any particles that may be present by allowing them to settle and pour clear water into another container or strain the water through a coffee filter.
- Bring water to a rolling boil for at least one minute.
- Allow water to cool and transfer to a clean, sanitized container suitable for drinking water.

**Water purification tablets or water filters are other options. Ensure they are capable of treating cryptosporidium.*

**Boiling water does not remove any chemicals present in the water.*

