



## Act Safely in Food Work

### If you have any symptoms of disease, do not come to work

- do not come to work if you have a fever, cough, nausea, diarrhoea, runny nose or sore throat
- report your illness to your supervisor



### Wash your hands thoroughly, preferably with soap and warm water, and dry them on a clean disposable hand towel or cloth towel

- always before starting work
- during work if necessary
- between work phases
- after going to the toilet
- after processing money or a payment instrument
- after smoking
- after coughing, sneezing or blowing your nose



### Use hand sanitizer properly

- take about one tablespoon of hand sanitizer in your hands
- carefully rub your fingertips, thumbs, and between fingers
- finally, rub the substance on the palms and backs of the hands
- rub until your hands are dry





**If you wear protective gloves at work,  
don't forget to change them frequently**

- always change the gloves after touching dirty surfaces, tools, or money
- you should still wash your hands regularly
- wear protective gloves if you have wounds on your hands



**Do not touch your face during work**

**Do not cough or sneeze into your hands**



**Cover your mouth and nose if you cough  
or sneeze**

- cough or sneeze into a disposable handkerchief or top of sleeve
- throw away the used handkerchief
- wash your hands

