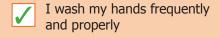
PERSONAL HYGIENE CHECKLIST





I cover cuts and sores with a bandage or dressing (e.g. BAND-AID®) and a waterproof covering (e.g. glove)



I wear clean clothes and an apron over my clothes. I remove the apron when I leave the kitchen or food preparation area



I tie back my hair or cover it with a hat or hairnet



I keep my fingernails trimmed and clean



I store my personal belongings away before preparing food



I do not eat over unprotected food



I do not sneeze, blow or cough over unprotected food



I do not spit or smoke in food handling areas



I do not wear jewellery or a watch (except wedding ring) when preparing food



I **do not** prepare food if I have an infectious illness (e.g. diarrhoea, vomiting) or have a skin, eye, ear or nose infection



