

Overview

- Food can carry or breed germs that spread disease and make people sick.
- Germs in food that is not clean or is not covered can help spread diarrhoeal diseases (including cholera) and other diseases such as hepatitis (A and E), typhoid and anthrax .

What you need to know

- Food that is not clean, covered and thoroughly cooked can contain germs that cause people to fall sick.
- People in the community may not know or understand how food can be contaminated or how a disease can spread through food. It is important to explain the importance of good food hygiene so that people can protect themselves and their families from becoming sick.

Food hygiene

- Wash hands with soap or ash before preparing food.
- Cook all animal products thoroughly, including meat and eggs, to kill germs. Make sure that animal products are hot all the way through.
- Cover food and water to protect them from dirt, flies, other insects and animals.
- Wash utensils (plates, cutlery, etc.) with clean water and soap. Use a rack to dry dishes.
- Wash vegetables and fruits thoroughly with clean water.
- If you use firewood or charcoal to cook food, make sure that the room in which you cook is well ventilated.

Community messages

- Wash hands with water and soap before you prepare food and before and after you eat.
- Cooked food should always be stored properly and covered to keep out dirt, flies, other insects and animals.
- All animal products, including meat and eggs, should be cooked thoroughly before eating, to kill all germs.
- Vegetables should either be cooked thoroughly or washed well with water.
- Raw fruits and vegetables should be washed with clean water.



Keep food properly stored and covered

Community messages

See the following community messages to support good food hygiene:

- 4 - Storing water properly
- 8 - Washing hands with soap
- 12 - Good food hygiene