

Coronavirus

Keep hands clean and serve food safely

1 How to wash your hands

2 When to wash your hands

3 Serve food safely



Western Cape
Government

STAY SAFE
**MOVE
FORWARD**



February 2021

COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts. These droplets also land on surfaces and objects. Sometimes we can catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth.

1

How to wash your hands

Use these steps to wash your hands for at least 20 seconds.

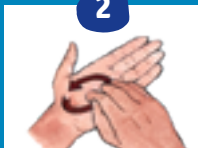
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.

1



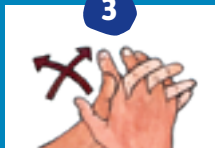
Rub palms together.

2



Rub tips of nails against palm. Swap hands.

3



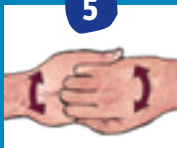
Rub fingers between each other.

4



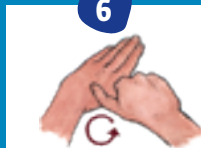
Place one hand over back of other, rub between fingers. Swap hands.

5



Grip fingers and rub together.

6



Rub each thumb with opposite palm. Swap hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.

2

When to wash your hands

After handling groceries.



Wash hands before and after food preparation.

Before and after handling raw meat or poultry.



After cleaning surfaces and doing dishes.



After coughing, sneezing,
blowing nose, smoking or
touching your face.

Before and after handling
anything else other than food.
For example, keys, mobile phones.



Before and after
lunch and tea breaks
(eating or drinking).

After using the toilet.



Between different tasks and before leaving the kitchen for any reason.

Before and after serving food



After collecting dirty dishes and trash.

After handling waste.





**Protect each
other**

**Cook
responsibly**

Share safely

3

Serve food safely

Assign a queue marshal

- Encourage people to wear masks or if there are none, a scarf or bandana.
- If serving in a building, limit the number of people entering at a time to prevent overcrowding. Open windows and doors.
- Ensure people in the queue keep 1.5m away from one another.
- Serve people who are unwell, elderly or pregnant first.
- Discourage people from forming groups to eat together. Suggest takeaways instead.



Assign a hand hygiene marshal

- Ensure people clean their hands with soap and water or hand sanitiser.
- Remind food servers to clean hands before and after serving and after using the toilet.
- Those cleaning should wash hands when finished.



Assign people to serve food

- Encourage people to bring their own food containers. Use disposable containers, if available.
- Place food on the table/tray and ask the person to pick it up.
- Avoid placing food on floor or ground.
- Do not wear gloves while serving food or parcels.



Assign people to cleaning and disinfecting

- Collect used dishes and cutlery and place in designated area.
- Place rubbish in bin.
- Clean all surfaces with bleach solution every 30 minutes from the moment you start serving food to the end.





**Western Cape
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Western Cape COVID-19 Hotline
080 928 4102 (tollfree)

National Hotline
0800 029 999

National WhatsApp
0600 123 456

www.westerncape.gov.za