

# Other proper habits



**In a nutshell:** Touching surfaces after washing your hands can contaminate them with pathogens. Proper hygiene practices prevent food from cross-contamination.

If you touch any surfaces after washing your hands, they may become dirty again and contaminated with pathogenic bacteria. Maintaining proper hygiene is effective in preventing cross-contamination of food:

- During food preparation, avoid touching your nose, mouth, hair and skin.
- Do not pick your nose.
- Do not bite your nails and lick your fingers.
- Do not smoke in food premises.
- Do not cough or sneeze over food. Wash hands after coughing or sneezing.
- Avoid eating in food preparation areas.
- Do not spit.
- It is better to use a spoon to take a small amount of food into a small dish for tasting. If tasting directly from a spoon, do not reuse it to prevent contamination of food. Avoid long conservation while preparing food.