**STEP 1: CLEAN**

**Lather up**
Before eating, wash your hands with soap and running water for at least 20 seconds. Count to 20 slowly or sing the "Happy Birthday" song to yourself twice.

**Eat clean**
Rinse fruits and veggies under running water. Slicing or dicing? Scrub ’em anyway—germs can jump from rinds to the insides during cutting and peeling.

**Create a safe cooking space**
Wash countertops, cooking surfaces, and insides of the refrigerator, freezer, and microwave frequently with hot, soapy water.

**Clean it before you crack it open**
Wash food packaging, especially lids of cans and jars, before opening.

**Rules for tools**
Wash cutting boards, knives, and other cooking utensils in hot, soapy water or the dishwasher after each use.

Find more Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill at www.fda.gov/food