

# Kev Ntxuav Tes rau Cov Neeg Ua Haujlwm

## Handwashing for Employees

### Hmong

#### Yuav ntxuav tes li cas

1. Muab ob txhais tes ntub dej
2. Siv xaub npum
3. Muab ob txhais tes ntxuav li 10 mus txog 15 chib
4. Muab ob txhais tes yaug dej
5. Ua kom qhuav
6. Tsis txhob ua kom tes tsuas dua

Sijhawm yuav tsum ntev li 20 chib los ntxuav tes. Tej hlab looj tes, cov ntaub ntub lossis tshuaj plev tes tua kab mob yuav tsis zoo npaum li ntxuav tes.

#### Yuav ntxuav tes thaum twg

Nquag ntxuav koj txhais tes. Nws tseem ceeb rau koj ntxuav tes:

- Ua ntej koj pib haujlwm ua zaub mov, siv diav rawg, lossis siv tej twj twg
- Ua ntej looj siv hlab looj tes
- Thaum lub sijhawm hloov kov zaub mov nyoos thiab cov zaub mov siav uas noj tau lawm
- Tom qab mus kov tej diav rawg thiab twj uas tsuas
- Tom qab hnoos, txham, lossis siv ntaub tshuab ntswg lossis haus luam yeeb tag
- Tom qab noj mov haus dej tag
- Tom qab kov daim tawv nqaij, ntsej muag lossis plaub hau
- Tom qab kov tsiaj

### English

#### How to wash your hands

1. Wet your hands
2. Apply soap
3. Rub your hands for 10 to 15 seconds
4. Rinse your hands
5. Dry your hands
6. Keep hands clean

The entire process must last at least 20 seconds. Gloves, wet-wipes or hand antiseptics are not substitutes for handwashing.

#### When to wash your hands

Wash your hands as often as possible. It is important to wash your hands:

- Before starting to work with food, utensils, or equipment
- Before putting on gloves
- When switching between raw foods and ready-to-eat foods
- After handling soiled utensils and equipment
- After coughing, sneezing, using a tissue or using tobacco products
- After eating and drinking
- After touching skin, face or hair
- After handling animals
- After using the bathroom

- Tom qab siv chav dej tag
- Lossis ntxuav kom npaum li ntxuav tau thaum lub caij ua zaub mov noj thiab hloov yam haujlwm ua

## Yuav ntxuav tes qhov twg

Tsuas ntxuav koj ob txhais tes ntawm cov dab dej uas tsim los ntxuav tes xwb. Tsis txhob ntxuav koj txhais tes hauv tej dab ntxuav diav rawg lossis npaj zaub mov.

Tsis txhob thaiv lub dab ntxuav tes lossis muab khoom tum ze, xws li tej diav rawg uas tsuas lawm nyob hauv. Tsuas siv cov dab ntxuav tes los ntxuav tes nkaus xwb tsis txhob siv ua lwm yam.

Tu kom huv thiab tso khoom kom txaus siv rau ntawm lub dab ntxuav tes. Cov dab ntxuav tes yuav tsum muaj:

- Dej sov
- Xaub npum
- Cov ntaub so uas pov tseg tau, twj tso ntaub so tes, lossis ib lub twj tshuab cua sov kom tes qhuav
- Daim paib lossis ntawv lo uas qhia kom cov neeg ua haujlwm ntxuav lawv ob txhais tes

## Tshuaj pleev tes tua kab mob

Cov tshuaj pleev tes tua kab mob feem ntau muaj ua tshuaj gel lossis ua kua, siv tau los pleev tes tom qab ntxuav tes thiab twb muab tes so qhuav tag lawm. Cov tshuaj pleev tes tua kab mob pab txo kab mob ntawm ob txhais tes uas ntxuav huv lawm, tiamsis tsis yog siv txhawm rau txoj kev ntxuav tes.

Thaum siv cov tshuaj pleev tes tua kab mob tom qab ntxuav tes tag raws li qhia ces yeej

- As often as needed during food preparation and when changing tasks

## Where to wash your hands

Only wash your hands in sinks designated for handwashing. Do not wash your hands in utensil, food preparation or service sinks.

Do not block the area around handwashing sinks or stack items, such as soiled utensils, in them. Do not use handwashing sinks for any other purpose.

Keep handwashing sinks clean and well stocked. Handwashing sinks must have:

- Warm running water
- Soap
- Disposable towels, a continuous towel system, or a heated-air hand drying device
- Sign or poster reminding employees to wash their hands

## Hand antiseptics

Hand antiseptics are usually gels or liquids that can be rubbed on clean, dry hands after handwashing. Hand antiseptics can reduce the number of disease causing bacteria on clean hands, but are not a replacement for proper handwashing.

When used after proper handwashing, hand antiseptics can provide additional food protection. Wash hands properly before using a hand antiseptic.

tiv thaiv tau zoo heev. Ntxuav tes kom zoo  
ua ntej siv tshuaj pleev tes tua kab mob.

Cov tshuaj pleev tes tua kab mob uas muaj  
cawv cuaj caum (alcohol) tov nrog tsis muaj  
zog tua tus kab mob norovirus, uas yog ib  
hom kab mob nquag pom tshwm heev tshaj  
plaws rau ntawm kev noj zaub moj phiv.

Alcohol based hand antiseptics are not  
effective against norovirus, the most  
common cause of foodborne illness.

## Ntaub Ntawv Pab Ntxiv (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)  
(<http://www.health.state.mn.us/foodbizsafety>)

Minnesota Department of Health  
Food, Pools, and Lodging Services  
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St. Paul, MN 55164-0975  
651-201-4500  
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[www.health.state.mn.us](http://www.health.state.mn.us)

Lub 1 Hlis Xyoo 2019

*Xav tau cov ntaub ntawv no ua lwm hom, hu rau:  
651-201-4500 or 651-201-6000.*

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JANUARY 2019

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