**Sanitation Spotlight**

Patient Food Service

Rachel Reid

Don’t touch your face, hair, nose hairs or beard! We’ve all heard this before, but it is good to remember just how often we do it, and how harmful this can be to you, staff, and patients. How many times do you think that someone touches their face in an hour? Studies report about 16 times! The number is hopefully less for foodservice workers, but this is a habit that is hard to break. Our faces have many bacteria on them just waiting to get onto our food and make people sick. For example, about 20% of humans are permanent carriers of a bacteria called *staphylococcus aureus*, which can cause serious food bourne illness and/or infection. So, if you have an itch that you just can’t resist, use your upper arm rather than your wrist or hands. If you notice that your hand does accidently come into contact with your face, make sure to change your gloves and wash your hands.