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# Wash your hands

...before and after picking,  
after using the bathroom,  
and after eating.



## Why?

Bacteria and viruses on your hands can get onto the berries, which could make you or others sick. Washing your hands with soap and water, and drying with one-use towels gets rid of these bacteria and viruses. Hand sanitizer is better than nothing, but not as good as soap and water because it won't kill viruses.