



# The 9 Moments for Hygiene

## When Cleanliness Really Matters

**Before handling  
ready-to-eat  
food**



**Handling and  
discarding waste**



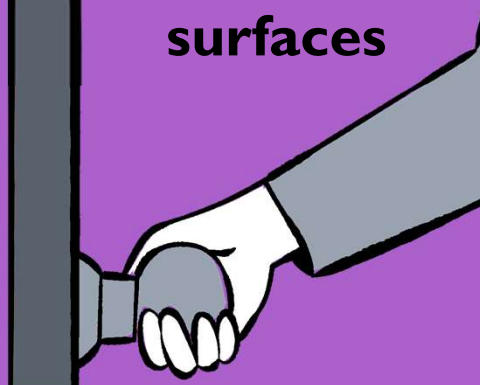
**After handling  
raw ingredients**



**Coughing,  
sneezing & nose  
blowing**



**Contact with  
high-touch  
surfaces**



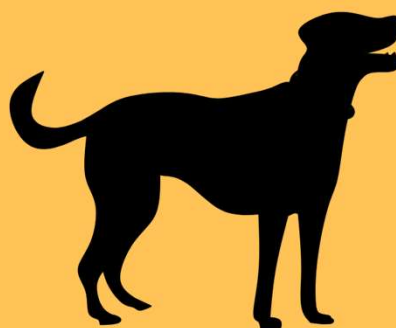
**Handling and  
laundering 'dirty'  
clothing or linens**



**Using the toilet  
or changing a  
diaper**



**Caring for  
domestic animals**



**Caring for  
infected family  
members**

