

# 20 SECONDS COULD SAVE A LIFE... A TRUE STORY

Poor hand washing can kill.

Unfortunately, I know that better than anyone else...



One day, I went to work with diarrhea and upset stomach. I made the big mistake of not taking the time to wash my hands thoroughly.



Over 221 people got incredibly sick with diarrhea and cramps.

(Reprinted with permission from the Oregon Department of Human Services)



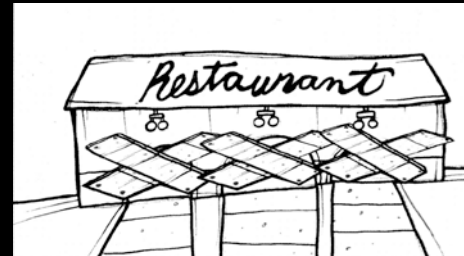
I was in and out of the bathroom all day, but I continued to prepare the food.



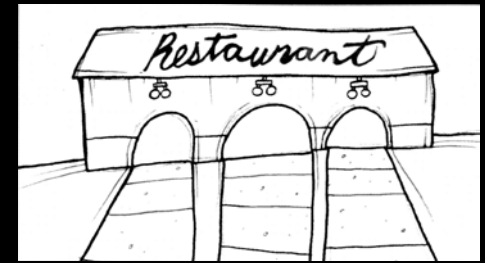
Some were taken to the hospital.



Whether it was the chicken or the black beans I handled... I'm not sure. But my germs got into many of the dishes.



The state shut down the restaurant.



I was working at a restaurant that was a town favorite with great food, and excellent, fast service.



What happened next was unimaginable...



But the saddest thing of all was that a 53-year-old woman died due to an infection caused by my germs. I will never forgive myself for that. Don't make the same mistake I did. Just 20seconds of hand washing can get rid of deadly germs. And save a life.

