

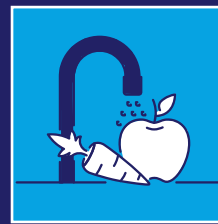


مستشفى الملك فيصل التخصصي ومركز الأبحاث  
King Faisal Specialist Hospital & Research Centre  
Gen. Org. مؤسسة عامة

# Steps for Washing Fruits and Vegetables to Prevent the Spread of COVID-19 Virus



**Wash hands with water and soap before and after touching fruits and vegetables**



**Wash them well under running water before eating or cutting or cooking**



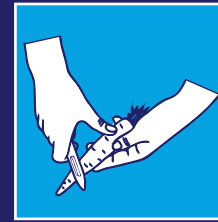
**Wash knives and whatever you need before and after usage**



**Dry them with paper towels or clean towels specified for them**



**Clean used surfaces like kitchen table before and after usage**



**Dispose of parts that can't be cooked or eaten**



**Take them out of packaging bags and dispose of bags**



**Separate them from meat / poultry / sea products while cooling or freezing**