PREVENT FOOD POISONING

KEEP IT CLEAN

Wash hands with soap and water before handling food—especially after using the toilet.

Wash utensils, cutting boards and hands after handling raw meat, poultry, seafood, and eggs.

COOK IT WELL

Cook meat, poultry, seafood, and eggs thoroughly.

Use pasteurized milk.

DON’T WAIT…REFRIGERATE

Don’t leave perishable foods (such as leftovers and deli items) at room temperature longer than 2-3 hours.

Cool soups and stews quickly by refrigerating them in shallow pans.

IF IN DOUBT…THROW IT OUT

Throw out any food that may be unsafe…especially if it will be eaten by people who are more likely to get food poisoning:

- Pregnant women
- Infants and young children
- Frail elderly
- Compromised immune systems