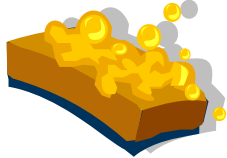


## PREVENT FOOD POISONING

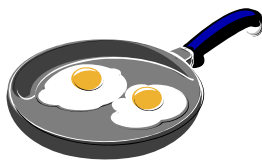
### KEEP IT CLEAN



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.

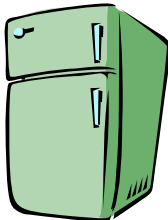
### COOK IT WELL



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