

Emergency Preparedness ■ Food Poisoning

■ Individual and Group Safety Information

The following are suggestions to minimize the chances of food poisoning:

- Wash your hands often.
- Wash utensils and food surfaces frequently.
- Separate raw foods from ready-to-eat foods
- Separate your meat and poultry products.
- Use one plate for raw meats and a separate plate after the meat is cooked.
- Cook foods thoroughly and at a safe temperature.
- Refrigerate or freeze perishable foods promptly.
- Throw out leftovers that have been at room temperature for more than two hours. Throw out leftovers that have been in hot weather for more than an hour.
- Keep in mind that food poisoning can be life threatening for young children, pregnant women and their fetuses, the elderly and people with weakened immune systems.

ABOVE ALL—WHEN IN DOUBT, THROW IT OUT!!!