

# Kijan pou prepare manje ki pa kontamine

Lave men ou souvan ak savon ak dlo pwòp avan w manje ak lè w pral kwit manje.



Sèvi ak dlo ki trete pou kwit manje.



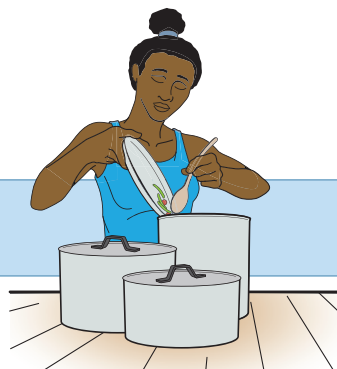
Byen Kwit tout manje sitou bèt ki soti nan lanmè ak larivyè tankou krab, sirik, pwason elatriye.



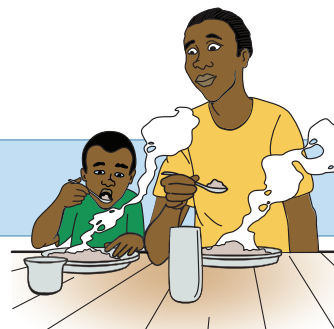
Manje manje ki kwit tou cho.



Netwaye kote ou ap fè manje ak tout veso wap sèvi yo ak savon ak dlo ki ki pa kontamine, ki donk dlo ki trete.



Konsève manje ki kwit nan veso ki gen kouvèti. Byen chofe rès manje avan nou manje yo.



Manje manje w kwit sèlman oswa manje moun ou fè konfyans kwit.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention