FOOD POISONING: PROTECT YOURSELF AND YOUR FAMILY

Anybody can get food poisoning (also called foodborne illness).
But the following groups are more likely to get sick and to have a more serious illness:

- Adults aged 65 and older
- Children younger than 5
- People who have health problems or take medicines that lower the body's ability to fight germs and sickness
- Pregnant women

Take Steps to Prevent Food Poisoning

1. Wash hands, utensils, and kitchen surfaces often when you cook.
2. Keep fresh produce separate from raw meat, chicken, turkey, seafood, and eggs. Use separate cutting boards and plates.
3. Cook food to the right internal temperature to kill germs. Use a food thermometer to check.
4. Refrigerate perishable food and leftovers within 2 hours (within 1 hour if it’s hotter than 90°F outside).

You should not eat these foods if you are more likely to get food poisoning:
- Undercooked or raw animal products, such as meat, chicken, turkey, eggs, and seafood
- Raw or lightly cooked sprouts
- Unpasteurized (raw) milk and juices
- Soft cheese, such as queso fresco, unless it is made with pasteurized milk

Cook to the right temperature:
- 145°F Steaks, roasts, chops of beef, pork, lamb, veal (then let rest 3 minutes before serving)
- 145°F Fish with fins
- 145°F Fresh ham (raw)
- 160°F Ground meats like beef and pork
- 160°F Egg dishes like frittata and quiche
- 165°F All poultry, including ground chicken and turkey
- 165°F Leftovers and casseroles

See a doctor if you have these symptoms. They could be signs of serious food poisoning.
- High fever (over 102°F)
- Bloody diarrhea
- Diarrhea for more than three days
- Frequent vomiting
- Dehydration (dry mouth and throat, feeling dizzy when you stand up)

Learn more at www.cdc.gov/foodsafety