PROTECT YOURSELF WHEN EATING OUT

FOUR TIPS TO PREVENT FOOD POISONING

1. CHECK INSPECTION SCORES
   Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.

2. MAKE SURE THE RESTAURANT IS CLEAN
   Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.

3. CHECK THAT YOUR FOOD IS COOKED THOROUGHLY
   Meat, fish, poultry, and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.

4. PROPERLY HANDLE YOUR LEFTOVERS
   Taking your food to go? Remember to refrigerate within 2 hours of eating out. If food is left in a hot car or temperatures above 90°F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days.

cdc.gov/foodsafety