Accessible version: https://www.cdc.gov/foodsafety/food-poisoning.html

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

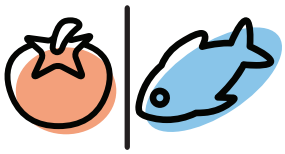
Children younger than age 5

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)

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

Learn more at **www.cdc.gov/foodsafety**

CS 310155-A August 30, 2019