



Avoiding Food Poisoning



Overview

If you've had food poisoning, you know how sick it can make you feel. Fortunately, there are simple ways to avoid it. Here are some tips to keep you safe.

Food preparation

First, make sure your food and prep area is clean. Wash your hands and cooking tools with hot, soapy water. Clean your countertops before and after preparing food. Rinse your fruits and vegetables.

Cooking and eating

Next, cook safely. Keep raw meats away from other foods. Thaw frozen foods properly. Use a food thermometer to make sure you cook foods to a safe temperature. And keep cold foods cold, and hot foods hot.

Storage

Don't forget safe food storage. Put groceries and leftovers in the fridge or freezer. Be mindful of how long you leave food out. Dangerous bacteria can grow even after an hour or two. Check your food labels. Avoid eating foods that are out of date. And if you find a broken seal on packaged foods or dented cans, throw them out.

Traveling

If you travel to places where contamination is more likely, be careful about what you eat. Drink bottled water, or water that has been boiled. And keep insects and animals away from your food.

Conclusion

Food safety is important for everyone. If you think you may have food poisoning, call your doctor. Warn others if they ate the same food that made you sick. If the food came from a store or restaurant, let them know.