



Bakersfield Composite Squadron #121

60-Second Safety Advisor #5

How to Prevent Food Poisoning

Food poisoning is a serious threat to you and your family, even a very small amount of contaminated food can cause severe illness. However, there are some things that you can do to prevent most food poisoning cases:

- Wash your hands during and after food preparation. Use anti-bacterial soap and warm water and wash for 20 seconds (washing is the most important thing you can do to prevent food poisoning).
- Use hot, soapy water to wash cutting boards, utensils and anything else that was used to prepare food.
- To clean kitchen sponges and dishcloths, rinse them in water, squeeze out the excess water and microwave at full power for 60 seconds. Be careful in removing hot items from microwave so you don't burn yourself.
- After handling raw meat, fish or poultry, do not reuse the same utensil or plate. Bacteria from the raw juices will contaminate other food.
- Do not use a sponge or dishcloth to clean surfaces that have touched raw meat, fish or poultry. Use soap, water and a disposable paper towel.
- Wash all fruits and vegetables well before eating.
- Cook all food thoroughly.
- Keep hot foods hot and cold foods cold. If food is allowed to remain at room temperature for two hours or longer, bacteria can multiply and cause food poisoning.
- Refrigerate all leftovers soon after meals.
- Defrost meats and poultry in the refrigerator or the microwave.
- Don't buy or use food from dented, bulging or rusted cans. If you have a can with a dent on the seam, throw it away. Don't even open it.

If you have any doubt about the safety of the food, throw it out! Don't give possibly spoiled food to pets: They can get sick from bad food, too. Contaminated food may or may not smell, taste or look bad. Don't taste suspicious foods.

