



National Food Safety Month

*Every year, almost 1 in 6 Americans get sick from food poisoning.¹
Follow these tips to prevent foodborne illnesses.*

Safe Food Handling

- Clean your hands, surfaces and utensils when you cook.
- Separate raw meat, seafood and eggs from fresh produce.
- Use a thermometer to make sure foods are fully cooked.
- Refrigerate perishable foods and leftovers within two hours.



Risk Groups

- Older adults
- Pregnant women
- People with cancer, HIV/AIDS, diabetes and/or kidney disease

*Some people are more likely to get sick from food illnesses.
Your medical clinician can give you guidance about which foods are safe to eat.²*

Sources:

1. Centers for Disease Control and Prevention, Food Safety Education Month: <https://www.cdc.gov/foodsafety/education-month.html>
2. Food and Drug Administration, Food Safety Education Month: <https://www.fda.gov/food/consumers/food-safety-education-month>