

# Food Safety Tips

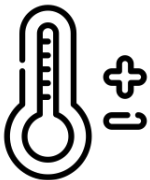
The CDC estimates that 48 million people get sick in the United States yearly from foodborne illness. Read the tips below to learn how to stay healthy when handling food!



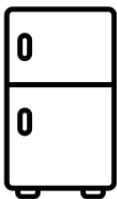
Before, during, and after preparing food and before eating, **wash your hands** for a minimum of 20 seconds with soap and water



Make sure to **separate** raw meats, seafood, and eggs from other foods when grocery shopping, storing food, and cooking

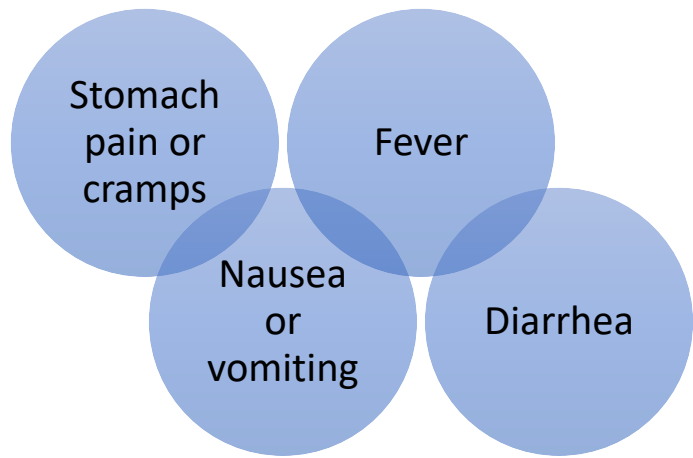


When cooking meat and seafood, use a **food thermometer** to ensure it is reaching a safe internal temperature

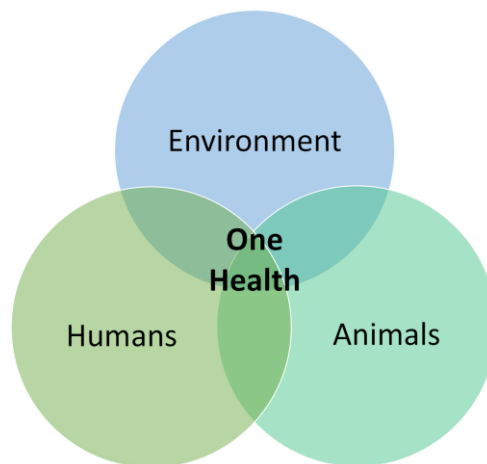


**Perishable food** should never be left at room temperature for greater than 2 hours

**Foodborne illness can occur hours to days after eating contaminated food. Keep an eye out for the most common symptoms of food poisoning:**



**Food safety is a One Health issue. One Health is a collaborative approach that recognizes the connection between people, animals, plants, and their shared environment.**



**More questions about food safety?  
Use the QR code below for:**

- Up-to-date list of food safety recalls
- Tracking of foodborne illness outbreaks
- List of foods most likely to cause illness

