



# FOOD POISONING

Food poisoning is caused by bacteria, a type of germ that can make you sick. Bacteria can grow in some foods if they are not prepared, cooked, or stored properly. If you eat a food that has bacteria in it, you may get sick. You cannot see and may not smell or taste bacteria that cause food poisoning.

Food poisoning can make you feel like you have the flu. It can cause diarrhea and an upset stomach. Food poisoning rarely causes death. Food poisoning can be harmful to babies, children, the elderly, pregnant women, and those in poor health.

The best way to help keep your family safe from food poisoning is to follow this rule:

**KEEP COLD FOODS COLD**

**AND**

**KEEP HOT FOODS HOT!**

Learn how to prepare, store, and cook foods safely by following these safety tips:

## *Shopping for Food*

- Buy foods with the latest “sell-by” or expiration date.
- Do not buy canned goods with bulges, leaks, or dents
- Put cold, frozen, and hot foods in your shopping cart last.
- Wrap meat and poultry in plastic bags so their juices do not leak onto other foods.
- Foods that belong in the refrigerator or freezer should go in as soon as you get home.

## *Storing Foods Safely*

- If you are not going to use fresh meat, poultry, or fish within a few days, freeze them.
- Use fresh or thawed meats as soon as you can:
  - Store fresh beef, lamb roasts, and steaks no longer than 4 days in the refrigerator.
  - Store veal or pork roasts no longer than 3 days in the refrigerator.
  - Store poultry and ground meat no longer than 2 days in the refrigerator.

IN A POISONING EMERGENCY, CALL 24-HOURS A DAY, 7 DAYS A WEEK:

1-800-222-1222

Teletype for the deaf and hearing Impaired only:

TDD 404-616-9287

## *Preparing and Cooking Foods Safely*

- Wash your hands, kitchen tools, cutting boards, and counters with warm, soapy water before and after handling raw foods.
- Use plastic or tempered glass cutting boards as they are easy to clean.
- Wash all fruits and vegetables before eating.
- Keep raw meats away from fruits, vegetables, and cooked food. Do not put them on the same plate.
- Thaw foods in the refrigerator or microwave. Do not thaw them on the counter top. If you must thaw in a hurry, put the food in a closed plastic bag and soak in cold water.

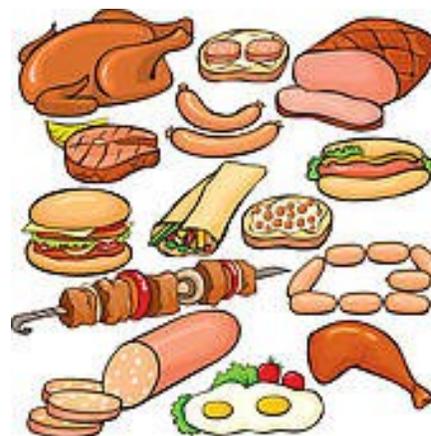
## Preparing and Cooking Foods Safely Continued

- Do not eat raw or undercooked meats, poultry, or eggs. Cook them until they are done:
  - Cook red meat to an internal temperature at or about 150°F - 165°F.
  - Cook chicken until the juices look clear, not pink, about 170°F - 180°F.
  - Cook fish until it flakes.
  - Cook egg whites and yolks until they are firm, not runny.



## Serving and Cleaning Up Safely

- When you are finished eating, refrigerate or freeze any leftovers. Do not eat cooked foods left at room temperature for more than 2 hours or more than 1 hour on very hot days.
- Store leftovers in small dishes so they can cool quickly.
- Reheat leftovers to an internal temperature of 165°F.



Certified as a Regional Poison Center by the American Association of Poison Control Centers.

## The Georgia Poison Center

Each year, the Georgia Poison Center (GPC) provides services to thousands of people in Georgia. You can call the GPC to get help in a poisoning emergency or to get treatment advice about animal or insect bites. Nurses, pharmacists, and doctors answer the phones 24 hours per day, 7 days per week. They can tell you what to do if you, your child, or your pet is poisoned or was bitten by an animal. In addition, the GPC staff can answer your questions about poisons in and around your home.

All calls to the GPC are free.

**To order educational material, call the Education Department at 404.616.9235 or visit our website at [www.georgiapoisoncenter.org](http://www.georgiapoisoncenter.org)**

**Georgia Poison Center**  
Grady Health System  
80 Jesse Hill Jr. Drive, SE  
PO Box 26066  
Atlanta, GA 30303-3050