



Happy Poison-Free Thanksgiving

From the American Association of
Poison Control Centers

Holiday stress can distract you from the little things. Here's a handy guide to keep you focused and keep your guests healthy this Thanksgiving.

Make sure you:

Wash your hands	Defrost your turkey	Know the Temperature	Cook the stuffing separately	Store leftovers
with soap for at least 15-20 seconds before preparing food.	in the refrigerator or in cool water. Plan ahead and start defrosting early!	Use a meat thermometer to ensure the internal temperature has reached a minimum of 165 degrees.	Stuffing a raw turkey can result in the contamination of the stuffing.	in the fridge and use within three or four days.

Please don't...

prepare food while sick.	defrost the turkey at room temperature. This is ideal for bacteria growth!	refreeze a thawed, uncooked turkey.	stuff turkeys. This makes it difficult for turkey to fully cook.	leave cooked turkey out. Discard if left out longer than two hours.
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The U.S. Department of Agriculture makes the following recommendations:



When thawing turkey in fridge, allow **24 HOURS** for every **4-5 POUNDS**.

When thawing turkey in cold water, allow **30 MINUTES PER POUND**.



RECOMMENDED COOKING TIME

4 - 8 pounds •••• 1.5 - 3.5 hours	14 - 18 pounds •••• 3.75 - 4.25 hours
8 - 12 pounds •••• 2.75 - 3 hours	18 - 20 pounds •••• 4.25 - 4.5 hours
12 - 14 pounds •••• 3 - 3.75 hours	20 - 24 pounds •••• 4.5 - 5 hours



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**Wisconsin
Poison Center**

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