

Food Safety and Poison Prevention

As the holiday season approaches, it's important to remember these 4 C's of food safety

4 Cs OF FOOD SAFETY:

CLEAN



Wash hands, utensils, and surfaces often when cooking.

4 Cs OF FOOD SAFETY:

COOK



Use a food thermometer to make sure food is fully cooked.

4 Cs OF FOOD SAFETY:

CLEAR



Put leftovers away quickly.
Refrigerate within 2 hours.

4 Cs OF FOOD SAFETY:

CALL



Poison Centers can help with all poisonings—even food poisoning.

What to Know about Food Poisoning

Poison Centers receive thousands of calls about suspected food poisoning each year. With proper care, many food poisoning cases can be prevented.



What is Food Poisoning?

Food poisoning is most commonly caused by bacteria or viruses. These microorganisms cannot be seen by the human eye, so poisonous foods might not always look, smell, or taste bad.



Prevention

By safely storing, preparing, cooking, and serving food, you can greatly reduce your risk of food poisoning. Remember to discard any perishable foods that have been left out for more than 2 hours, and consume leftovers within 3-4 days.



Symptoms

Common symptoms of food poisoning can include nausea, vomiting, diarrhea, dehydration, fever, and abdominal pain.



Taking Action

If you suspect that you or someone you know has food poisoning, call the Wisconsin Poison Center.