

Making Food Safer to Eat - What You Need to Know

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

One in six Americans gets sick from eating contaminated food each year. Contamination caused by *Salmonella* is especially common. It's sometimes found in poultry, eggs, ground beef, pork, and even peanut butter.

To reduce your risk from this and other foodborne germs, remember to clean, separate, cook, and chill.

Clean your hands with soap and water.

Separate raw meat, poultry, and seafood from other foods. Wash counters, cutting boards, and utensils before *and* after using them.

Cook all food thoroughly and use a food thermometer to make sure food is cooked.

Promptly chill meat, poultry, eggs, and other perishables.

Finally, don't prepare food for others if you're sick, and be extra careful when you prepare food for children, pregnant women, the elderly, or people in poor health.

To learn more about making food safer to eat, visit www.cdc.gov/vitalsigns.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.