

# 5 Simple tips to avoid becoming one of the 4.1 million cases of food poisoning each year



## **CLEAN**

Wash hands with soap and running water before handling food, wash the dishes regularly and keep the kitchen clean



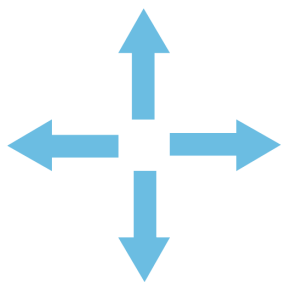
## **CHILL**

Keep the fridge at 5°C or below, refrigerate any leftovers as soon as they've stopped steaming and use or freeze them within 3 days



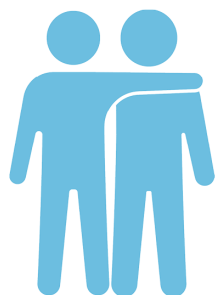
## **COOK**

Cook poultry or minced products to 75°C in the centre, be aware of the risk of raw or minimally cooked egg dishes



## **SEPARATE**

Prevent cross contamination especially between raw meat or poultry and other foods that won't be cooked like salads



## **DON'T COOK FOR OTHERS IF YOU HAVE GASTRO**

You could make them sick too - so ask someone else to cook or get a takeaway