



Feeling Queasy?

Call, it's Easy!

844-IowaSic

(or your local health department)

to report food poisoning

Food Poisoning Facts

- People get foodborne poisoning when they consume contaminated foods or beverages.
- About 1 in 6 Americans (approximately 48 million) gets food poisoning each year.
- About 128,000 Americans are hospitalized due to food poisoning each year.
- About 3,000 Americans die as a result of food poisoning each year.

Help Keep Iowans Safe

Help Prevent Food Poisoning

- **Wash hands and surfaces often**
Illness-causing germs can survive in many places around your kitchen, so make sure you wash your hands, utensils, cutting boards, and countertops.
- **Don't cross-contaminate**
Raw meat, poultry, seafood, and eggs can spread illness-causing germs to ready-to-eat foods unless you keep them separate.
- **Cook to the right temperature**
Many people think they can tell when food is 'done' by checking its color and texture; the only way to be sure it's safe is by using a thermometer.
- **Refrigerate promptly**
Illness-causing germs can grow in many foods within two hours unless you refrigerate them promptly (during the summer heat, refrigerate within one hour).
- **For more information, visit idph.iowa.gov/cade/foodborne-illness**



The production of this poster was supported by cooperative agreement number U18FD005612 (Rapid Response Teams) from the U.S. Food and Drug Administration. Its contents are solely the responsibility of Iowa Department of Inspections and Appeals and do not necessarily represent the official views of the U.S. Food and Drug Administration.