

BASIC RULES TO PREVENT FOOD POISONING

Foodborne infections, commonly called food poisoning, are caused by the presence of bacteria and other microorganisms in the food we eat.



WASHING

KEEP YOUR HANDS AND SURFACES CLEAN!

- Wash your hands with warm water and soap before and after handling food and after using the toilet facilities.
- Dry your hands with paper towels.
- Wash all kitchen utensils and equipment with hot water and detergent after preparing each food item and before moving on to the next one.
- Wash and disinfect fruits and vegetables.
- Wear only clothing when preparing and cooking food.



SEPARATE

PREVENTING CROSS-CONTAMINATION!

- Separate raw food from cooked food in the cold chain.
- Place meat and fish on the lowest shelves of the refrigerator to avoid contamination of other foods.
- Do not place cooked food in containers where raw meat, fish and seafood or unwashed fruit and vegetables have previously been.
- Maintain good hygiene in places where food is handled.



COOKING

COOK YOUR FOOD PROPERLY!

- Avoid eating "rare" meats.
- Avoid eggs, sauces and creams.
- Avoid reusing food from previous meals.
- Use clean water when preparing and cooking food.
- Ensure that the temperature of hot cooked food remains constant.
- Store the test sample of each meal in the cold for 72 hours.



REFRIGERATE

KEEP FOOD IN THE COLD!

- Store food that is susceptible to contamination in the cold chain and in suitable containers.
- Defrost food in the refrigerator.
- Keep food in the cold chain organized so that air can circulate, ensuring its proper preservation.
- Ensure that the temperature of the cold chain is below 4°C.

Note - These recommendations are issued as part of the prevention of vector-borne diseases during the period of World Youth Day 2023.

Public Health Unit ACES Pinhal Litoral

Rua da Mata, 56 Marrazes 2419-014 Leiria

Phone Number: +351 244 849 010

Email: usp.pl@arscentro.min-saude.pt



Unidade de Saúde Pública