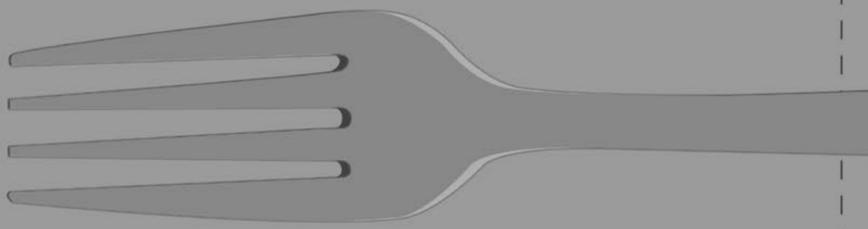


PROTECT YOURSELF WHEN EATING OUT



Four Tips to Prevent FOOD POISONING



1

CHECK INSPECTION SCORES

Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.

2

MAKE SURE THE RESTAURANT IS CLEAN

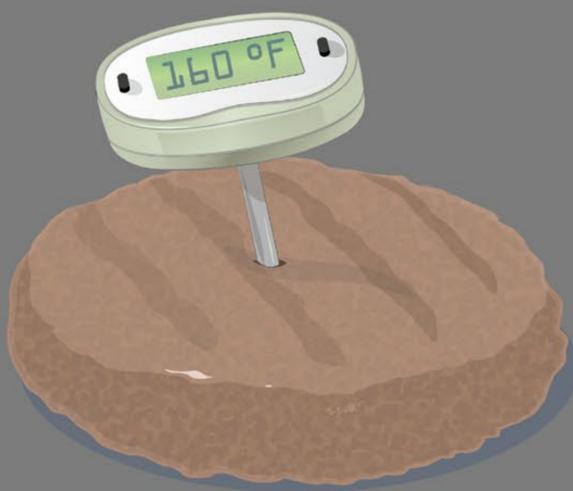
Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.



3

CHECK THAT YOUR FOOD IS COOKED THOROUGHLY

Meat, fish, poultry, and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.



4

PROPERLY HANDLE YOUR LEFTOVERS

Taking your food to go? Remember to refrigerate within 2 hours of eating out. If food is left in a hot car or temperatures above 90°F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days and throw them out if they smell bad or look funny.

