

Harris County Community!

Food Safety: Avoid Illness

Throw away any food that:

- Has been in a non-running refrigerator for 4 hours or more.
- Has an unusual odor, color, or texture.
- May have come in contact with flood or storm water.
- Has been at room temperature for more than 2 hours.
- Canned foods that are bulging, opened, or damaged.

Things to Do

- Wash hands often with soap and clean water or use an alcohol-based hand sanitizer.
- Thawed food that contains ice crystals or is 40° F degrees or below can be refrozen or cooked. Refreezing these foods will be a quality (not safety) issue.

Do Not

- Use contaminated water to drink, make baby formula, wash and prepare food, wash your hands, brush your teeth, wash dishes, or make ice.
- Do not feed spoiled food to your pets. They may get sick like people do.

Protect your family.
Protect yourself.

Avoid Food illness!

Harris County

HCPHES

Public Health & Environmental Services

www.hcphe.org

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