



Food Poisoning Prevention for everybody

Gunma-chan

Make it yours & your family members' daily routine:
The three basic principles of food poisoning prevention.
See below for details.

1

Do not get
food poisoning
bacteria



**Wash
before
cooking**



Use soap to wash your hands.
Wash ingredients, too.

**Separate the
cutting boards**

Cut fish & meat on one board and cut vegetables, etc. on another one.

2

Do not allow
food poisoning
bacteria
to grow



Refrigerate

Avoid leaving the foods at room temperature.
Keep them in the refrigerator.



**Eat soon after
they are cooked**

Specifically, eat hot meals when they are still hot, and eat cold meals when they are cold.

3

Kill
the food poisoning
bacteria



**Cook foods
thoroughly**

Cook the ingredients real well.



Disinfect

Before start cooking, use soap to wash kitchen knives, cutting boards, and other kitchen utensils real well and then pour hot water or bleach over them to disinfect.

“Do I have food poisoning?”

When in doubt, see a doctor immediately.

Gunma-ken Kenko Fukushi-bu, Shokuhin・Seikatsu Eisei-ka

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