



Department of Health  
and Human Services



Department of Inspections,  
Appeals, & Licensing

## To Report Food Poisoning



# 1-844-IowaSic

(1-844-469-2742)

or call your local health department.

### 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 1 hour).



#### **For More Information**

[hhs.iowa.gov/foodborne-illness](https://hhs.iowa.gov/foodborne-illness)