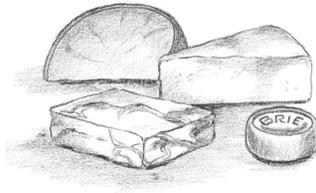




Don't Get Sick From The Food You Eat



Here's how

You can get sick when you eat foods that are not safe. This can harm you or your baby.

If you eat unsafe foods, you may get sick days or weeks later.

Call your doctor or clinic if you have:

- Chills
- Fever
- Headache
- Diarrhea
- Stomach ache

Don't eat or drink these raw foods:

- Unpasteurized milk or foods made from raw milk
- Unpasteurized fruit or vegetable juice
- Raw or uncooked eggs
- Raw meat or poultry, as well as uncooked hotdogs
- Raw fish or shellfish such as sushi, oysters, or shrimp

Some cheeses can be dangerous. Don't eat unpasteurized Mexican-style cheeses:

- Queso blanco
- Queso fresco
- Queso asadero
- Cotija
- Ranchero
- Queso enchilado

Stay away from these cheeses if they are not pasteurized:

- Feta
- Brie
- Camembert
- Blue veined cheese such as Roquefort

Cook your meat well. Don't eat:

- Undercooked meat, poultry, fish, or eggs
- Uncooked hot dogs or paté
- Stay away from cold cuts from the deli counter (such as bologna); heat all deli meats and hot dogs until they are steaming hot
- Reheat leftovers adequately to 165 degrees

Before you cook or serve fruits or vegetables:

- Take away the outer layer of the leafy vegetables
- Wash fresh fruits and vegetables under running water with a clean vegetable brush. Take extra caution with melons. Wash thoroughly and store uneaten melon in the refrigerator.

Cool food in the refrigerator:

- Leave food uncovered to allow for more rapid cooling of the food item.
- If the air temperature is 90 degrees or hotter (as at a picnic), do not leave refrigerated food out for more than 1 hour.