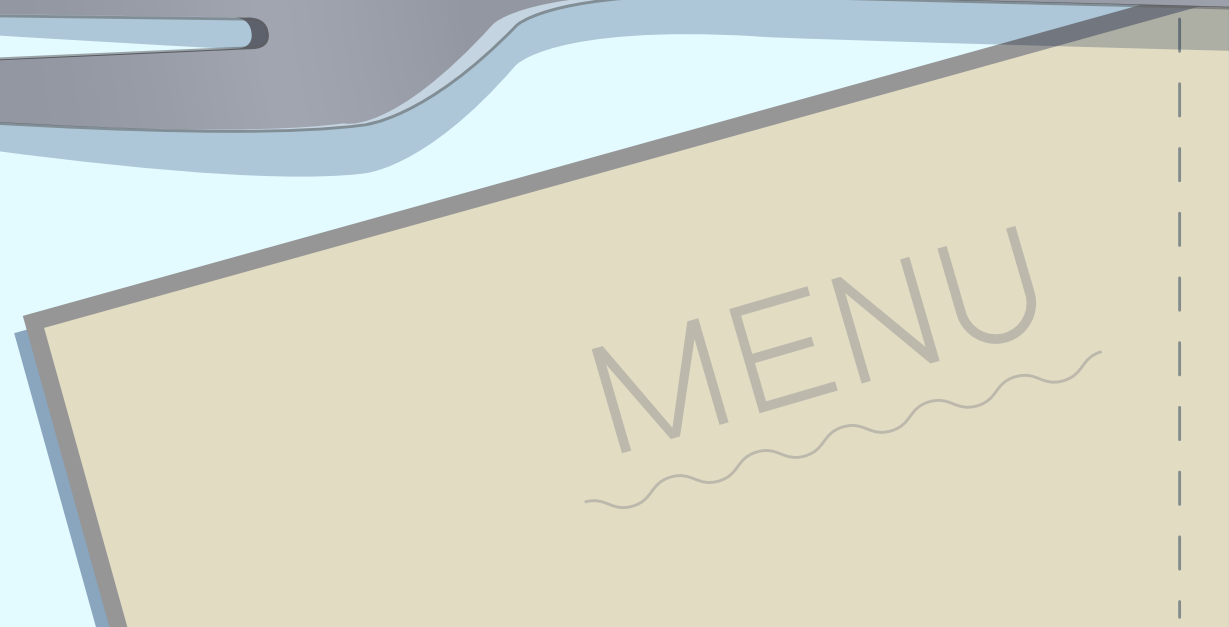
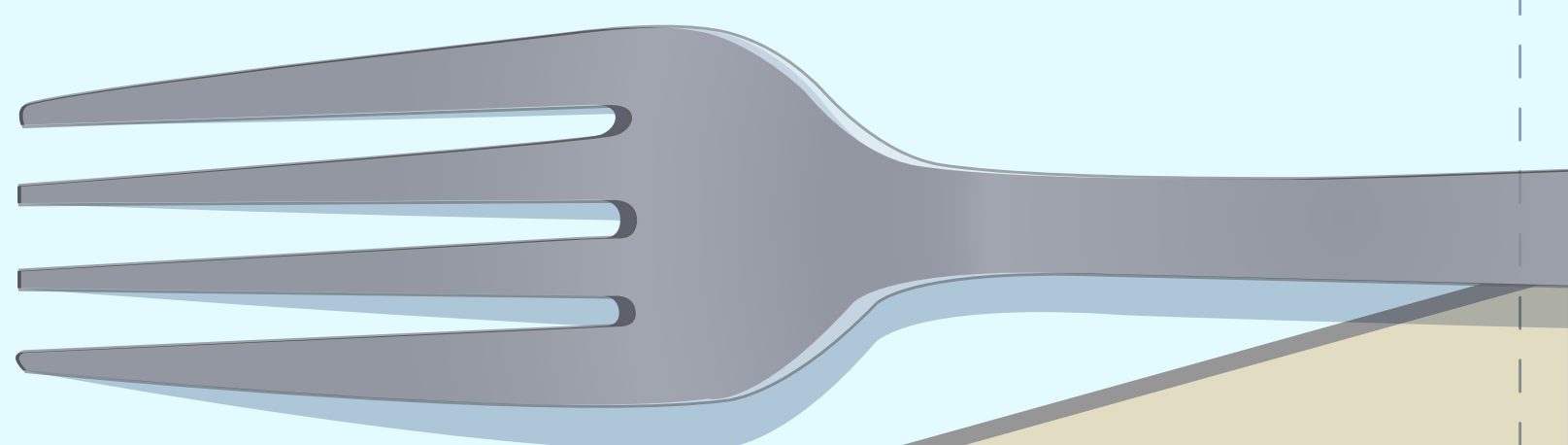


PROTECT YOURSELF WHEN EATING OUT

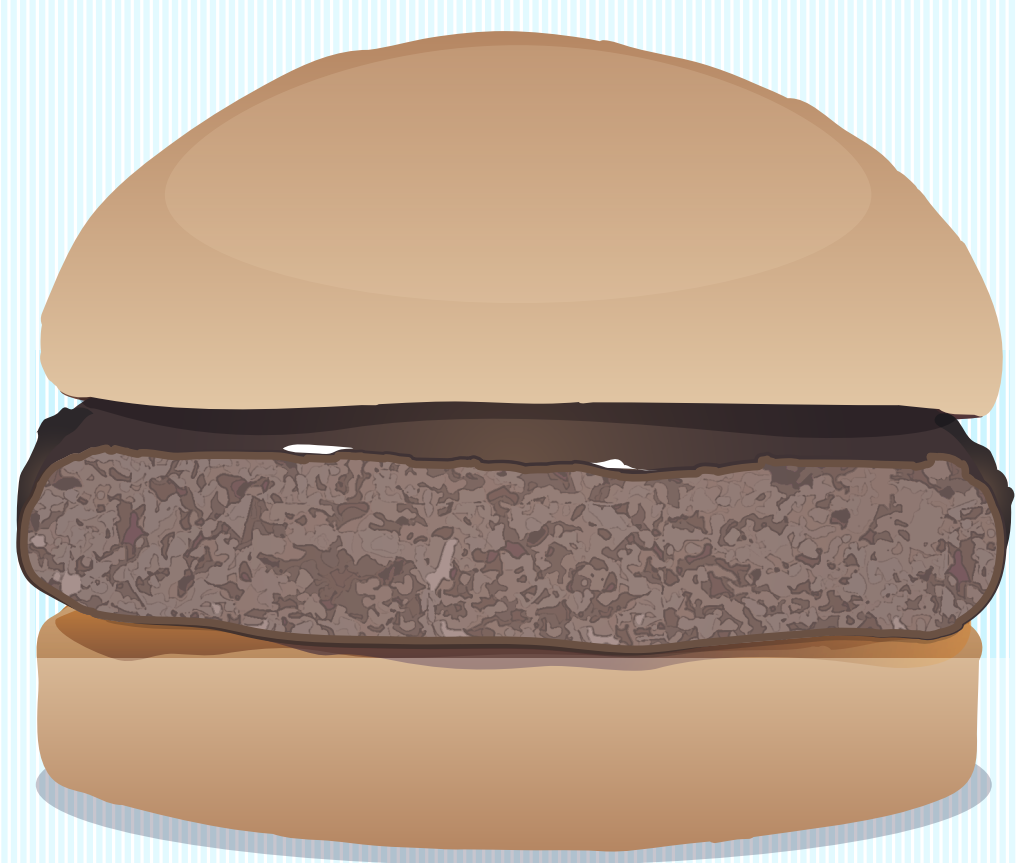


FOUR TIPS TO PREVENT FOOD POISONING



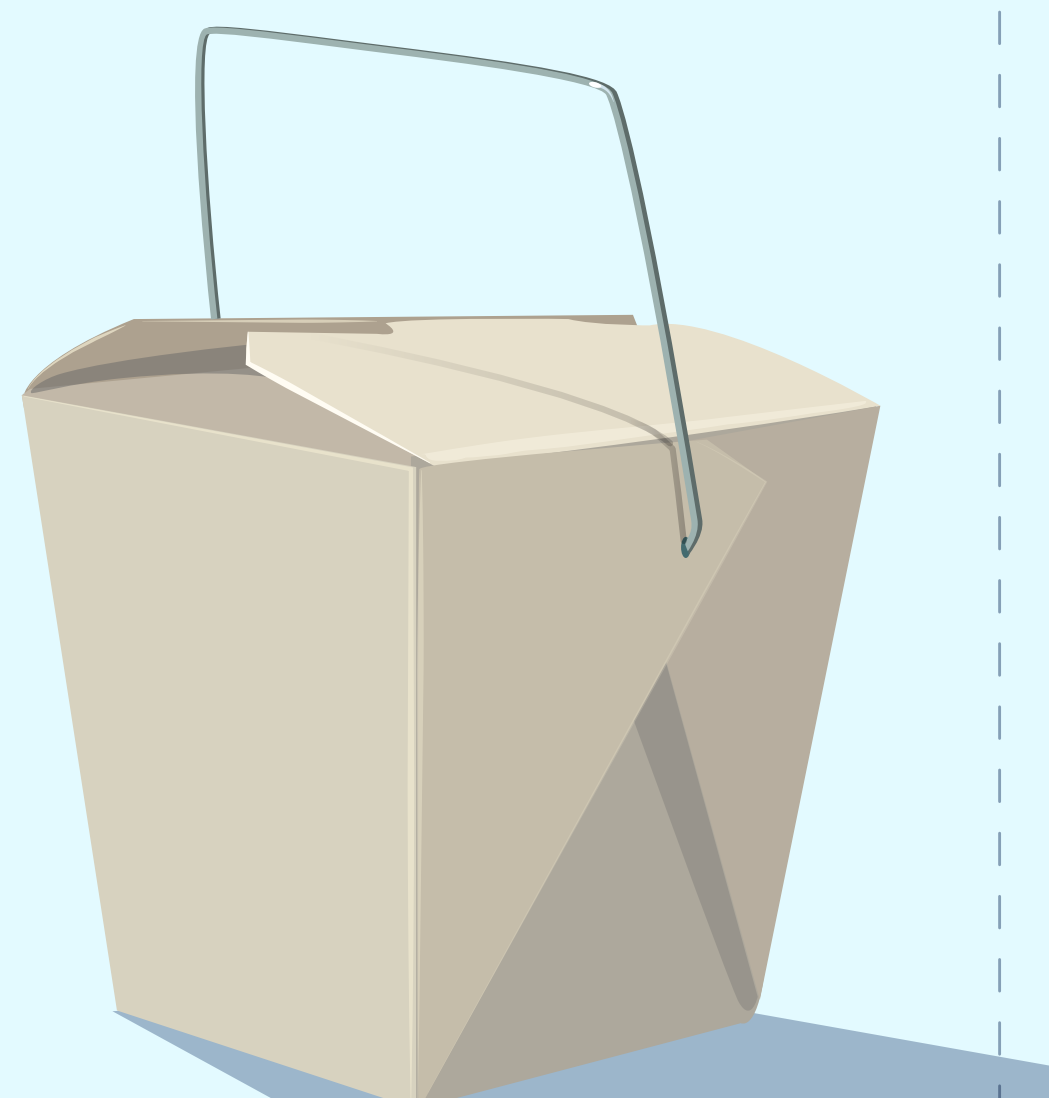
1 CHECK INSPECTION SCORES
Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.

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.



[cdc.gov/foodsafety](https://www.cdc.gov/foodsafety)