



5 KEYS TO FOOD SAFETY DURING THE HOLIDAY SEASON

Approximately one third of the outbreaks of foodborne disease occur in the family environment.

During the holiday season foods are prepared in large quantities ahead of time and this increases risks.



Water and foods are 'safe' when they do not have dangerous microbes (bacteria, virus, parasites or fungi), toxic chemicals or external physical agents (e.g. soil, insects, etc.) that may pose a health risk. Water purification treatments remove dangerous microbes and toxic chemicals, making it safe to drink or to use for food preparation.

Keep clean



Make sure that your hands and the place where foods are prepared are clean. Dangerous microbes can be found in soil, air, water, animals and people. These germs are transferred through our hands, wipes or soiled cloths and kitchenware, and in particular through cutting boards.



Raw food, especially meat, chicken, fish and their juices can contain dangerous microbes that can contaminate other raw food during preparation and storage. It is advisable to keep raw food separated from cooked food to prevent the transfer of microbes and to avoid cross-contamination.

Cook food thoroughly



It is very important to cook foods thoroughly to kill dangerous microbes that they could contain. One must pay particular attention to foods such as: ground beef, large chunks of meat and chicken, fish, pork and eggs and egg products such as mayonnaise, creams etc.



Microbes can multiply rapidly if ready-to-eat foods are left at room temperature for more than 2 hours. Food must be kept either very hot or cold, since at these temperatures, microbes cannot reproduce.

Apply the 5 key ways to prevent foodborne diseases
and have a HAPPY HOLIDAY!



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