Avoid Food Poisoning When
Eating Out

Every year, an estimated 48 million people get sick from eating contaminated food. Stay safe when eating out.

Check Food Safety Records

Review food inspection scores posted online by many state and local health departments.

Look for Cleanliness

Check the tables, floors, utensils, and bathrooms.

Is Food Cooked Thoroughly?

If meat, fish, poultry, and eggs are not cooked thoroughly, you should send your food back.

Refrigerate Leftovers

Place in fridge within 2 hours, or within 1 hour if left in a hot car, or above 90 degrees.

If you think you, or someone you know, got sick from eating food, contact your local health department.