

For Immediate Release

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September is National Food Safety Education Month. Learn how to be a food safety superhero! Take steps to help prevent food poisoning and show others how to keep food safe.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness (also called food poisoning). But [some groups of people are more likely to get sick](#) and to have a more serious illness. These groups are:

- Adults aged 65 and older
- Children younger than 5
- People with health problems or who take medicines that lower the body's ability to fight germs and sickness
- Pregnant women

There are things you can do to protect yourself and your family. As you prepare and handle food, [follow these four steps](#):

- Clean: Wash your hands, utensils, and surfaces often when you cook.
- Separate: [Raw meat, poultry, seafood, and eggs](#) can spread germs. Separate them from cooked food and fresh produce.
- Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- Chill: [Refrigerate perishable foods](#) and leftovers within two hours. Chill within one hour if it's above 90°F.

Join us in sharing information about the four steps to food safety. Let us make sure everyone knows how to protect themselves and their loved ones from food poisoning.



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