

# Don't Let Food Poisoning Ruin Your Day



**September is National Food Safety Education Month. Beef up your knowledge to protect your gut and overall health.**

## Know Your Risk

Food poisoning can affect anyone at any age. **However, your risk increases with the following factors:**

### Age

Children younger than 5 and adults 65 or older are more likely to experience food poisoning.

### Immunity

You're more likely to get food poisoning if you have a weak immune system.

### Pregnancy

Carrying a child can put you at higher risk.



## Food Poisoning in Real-Time

Food poisoning symptoms often arrive within 12 to 72 hours and may include:

- Abdominal pain
- Body aches
- Diarrhea
- Fever
- Headache
- Nausea
- Vomiting

## Outsmart Food Dangers

Want to sidestep food poisoning?

### Avoid triggers.

Raw and undercooked meat, fish and poultry often cause food poisoning, especially for high-risk people. Other risky foods include unwashed fruits and vegetables, soft cheeses and foods made with raw milk.

### Handle food properly.

Wash your hands before and after handling food, and use clean utensils and dishes when cooking and eating. You should also use separate cutting boards for meats and fruits or vegetables.

### Mind the temperature.

Make sure meats reach the proper internal temperature. When you're finished eating, immediately refrigerate any leftover food.



**Protect your health.  
Find a provider who can help at [weillcornell.org/doctors](https://weillcornell.org/doctors)**