

Food poisoning precautions! “Take-out foods”

Today, many dining establishments offer take-out menu. Here are some basic precautions against possible food poisoning by take-out foods.

Temperature control!

Do not leave your take-out foods in places exposed to high temperatures such as in your car.



Handwashing is important !

Always wash your hands before you eat something.



Finish eating them early!

After bringing take-out foods home, it's better to eat them as early as possible.



See a doctor when you have symptoms like nausea, vomit, diarrhea, stomach pain, etc.

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