

Holiday Season Safety:

Tips to keep your friends and family safe this holiday season

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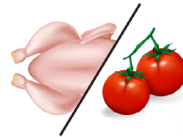
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Food Safety

There's no better time to refresh your food safety skills than the holidays as you prepare special meals for yourself and your family!

Avoid cross-contamination

- [Link to safe food handling tips](#)
- Keep cooked and raw foods separated during preparation.
- Clean utensils and cutting boards between use. Use new utensils to serve cooked foods.



Properly store food and leftovers

- Avoid temperature abuse by keeping cold and hot foods at their correct temperature.
- Thaw frozen meat in the fridge ahead of time, in cold water, or in microwave before cooking.
- Refrigerate leftovers quickly and keep foods out of the "Danger Zone" (40-140°F).



Cook food to proper internal temperatures

- [Link to list of internal cooking temperatures](#)
- Different meats or dishes may require different internal temperatures. Use a meat thermometer to reach safe temperatures without overcooking.
- Color is not an indicator of "doneness" or safety.



Friend and Family Safety

Due to the ongoing pandemic, these precautions are recommended to keep you and your loved ones safe these holidays.

Only visit with immediate family

- Try to stay home and avoid crowds.
- Group gatherings are safer with your immediate household or people in a strictly controlled social bubble.



Wear a mask and keep distance

When going outside your home, wear a mask over your mouth and nose and try to stay 6 ft from others.



Travel safely and thoughtfully

- [Link to CDC travel guidelines and recommendations](#)
- If you must travel, you should show no COVID-19 symptoms, quarantine for 7-14 days, and have a negative COVID-19 test within 1-3 days before travel. CDC recommends testing 3-5 days after travel and a 7-day quarantine after you return.



Everyday Safety

Keep surfaces clean

- [Link to effective cleaning and disinfection](#)
- Clean and disinfect food prep and other frequently touched surfaces.
- Use sanitizers that work against bacteria and viruses and follow product instructions.



Have good hand hygiene

- Wash hands with soap and water frequently, especially after being in public spaces and when preparing food.
- Avoid touching your face, particularly your eyes, nose, and mouth areas.

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Linked Resources

Safe food handling tips; <https://www.fda.gov/food/buy-store-serve-safe-food/fight-bacr-campaigns#:~:text=%C2%AE%20Campaigns,-Share&text=A%20campaign%20that%20educates%20consumers,their%20risk%20of%20foodborne%20illness.&text=%C2%AE%20safe%20food%20handling%20messages,%2C%20Separate%2C%20Cook%20and%20Chill>

List of internal cooking temperatures; <https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>

Effective cleaning and disinfection; <https://www.epa.gov/sites/production/files/2020-04/documents/disinfectants-one-pager.pdf>

CDC travel guidelines and recommendations; <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

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