

# Safety Tips after a Hurricane

(as per the CDC and FDA)

- Throw away food that may have come in contact with flood or storm water
- Throw away food that has an unusual odor, color or texture. When in doubt—**THROW IT OUT!!!**
- Throw away perishable food (including meat, poultry, fish or eggs and leftovers ) in your fridge when the power has been off for 4 hours or more
- If you plan to eat refrigerated or frozen meat, poultry, fish or eggs while it is still at safe temperatures, it's important that each item is **thoroughly cooked to the proper temperature** to assure that any food borne bacteria that may be present is destroyed. However, if at any point the food was above 40 °F for 2 hours or more — discard it.
- Thawed food that contains ice crystals can be refrozen or cooked. Freezers, if left unopened and full, will keep food safe for 48 hours (2 hours if ½ full)
- Keep in mind that perishable food such as meat, poultry, seafood, milk, and eggs that are **not kept adequately refrigerated or frozen** may cause illness if consumed, even when they are thoroughly cooked
- Throw away canned foods that are bulging, opened or damaged.
- **Discard any food that is not in a waterproof container** if there is *any* chance that it has come into contact with flood water.
  - Food containers that are not waterproof include those with screw-caps, snap lids, pull tops, and crimped caps.
  - Also, discard cardboard juice/milk/baby formula boxes and home canned foods if they have come in contact with flood water, because they cannot be effectively cleaned and sanitized.
- Thoroughly wash metal pans, ceramic dishes, and utensils (including can openers) with soap and water, using hot water if available. Rinse, and then sanitize them by boiling in clean water or immersing them for 15 minutes in a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available).
- Thoroughly wash countertops with soap and water, using hot water if available. Rinse, and then sanitize by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available). Allow to air dry.