



## food safety for travelers

# WHAT TO DO

### ✓ Wash your hands well.

- Wash your hands thoroughly with soap!
- Remember that many areas tend to be missed, such as the fingertips, between the fingers, nails, creases and wrinkles, and wrists!



### ✓ Don't carry take-out foods around. Eat them immediately.

- Remember that raw fish (such as sashimi and sushi) must be kept at the proper temperature!



### ✓ Cook meat thoroughly before eating.

- Avoid eating raw or inadequately cooked chicken!
- Cook yakiniku, sukiyaki and shabu-shabu until the meat changes color!
- Don't use chopsticks or tongs that touched raw meat for food that is ready to be eaten!

*Torisashi* (chicken sashimi) and *tori-no-tataki* (seared raw chicken)



Yakiniku



Shabu-shabu

