



Don't Get Sick From The Food You Eat: Here's How



You can get sick when you eat foods that are not safe. This can harm you or your baby.

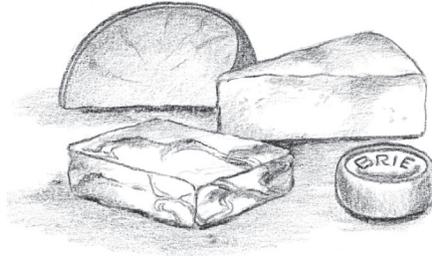
If you eat unsafe foods, you may get sick days or weeks later.

Call your doctor or clinic if you have:

- Chills
- Fever
- Headache
- Diarrhea
- Stomach ache

Don't eat or drink these raw foods:

- Unpasteurized milk or foods from raw milk
- Unpasteurized fruit or vegetable juice
- Raw eggs
- Raw meat or poultry, as well as uncooked hotdogs
- Raw fish or shellfish, like sushi, oysters, or shrimp



Some cheeses can be dangerous.

Don't eat Mexican-style cheeses, like:

- Queso blanco
- Queso fresco
- Queso asadero
- Contija
- Ranchero
- Queso enchilado

Stay away from these cheeses:

- Feta
- Brie
- Camembert
- Blue veined cheese like Roquefort



Cook your meat well.

- Don't eat undercooked meat, poultry, fish, or eggs
- Don't eat uncooked hot dogs or pate
- Stay away from cold cuts from the deli counter (like bologna). Or heat them well until they are steaming hot.

Wash your fruits and vegetables!

Before you cook or serve fruits or vegetables:

- Take away the outer layer of leafy vegetables
- Soak and rinse well
- Wash fresh fruits and vegetables under running water