# Following four simple steps at home — Clean, Separate, Cook, and Chill — can help protect you and your loved ones from food poisoning.

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| Icon | Step and details |
| Washing knife and cutting board with soap and water | Step 1: Clean your hands and kitchen surfaces Wash your hands and the surfaces where you prepare food with warm, soapy water before you begin cooking. |
| **Separating raw meat from vegetables** | Step 2: Separate raw meat from other food Keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods that won’t be cooked. Germs from raw meat can easily spread to other food if you don’t keep them separate. |
| Cooking meat in a frying pan with a food thermometer | Step 3: Cook food to the right temperature Heat food to the right temperature to kill any germs that can make you sick. Use a food thermometer to make sure meat has been fully cooked. |
| Refrigerator with food stored inside | Step 4: Chill leftovers Refrigerate perishable food right away to prevent germs from growing. Germs can grow in food if left out at room temperature. |