

恭贺新禧

HAPPY NEW YEAR!

The Boston Public Health Commission would like to wish you a happy and healthy Chinese New Year! To avoid getting sick from food at your celebration and throughout the year, follow the simple steps below.

Clean

- Wash your hands often, especially before eating and after using the bathroom.

Separate

- Keep raw foods that need cooking away from foods that are ready to eat.

Cook

- Make sure your food is well cooked.
- Keep food hot after cooking and before serving.

Chill

- Do not leave leftovers out for more than two hours.
- Thaw food in the refrigerator.

For more information, go to:
www.bphc.org/foodpoisoning

Wishing you a year of great health!

