



4 FOOD SAFETY TIPS FOR EATING RAW SEAFOOD AT RESTAURANTS



EVERYDAY FOOD SAFETY

July 2018

Seafood is safest when cooked thoroughly, but if you choose to eat it raw, it's important to be safe! Use these tips when eating raw seafood away from home.



1. RESEARCH THE RESTAURANT

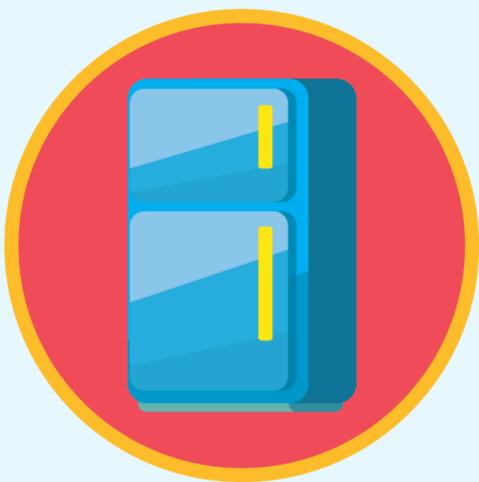
Look up inspection results on local or state regulatory agency websites.

Make sure the prep space and dining areas are clean.

2. CHECK THAT IT'S COLD

Ask if seafood was frozen, thawed, and kept on ice.

If it's gotten warm before being served, it's not safe!



3. KEEP IT FRESH

Refrigerate leftovers within 2 hours and eat within 24 hours.

Discard leftovers that start to smell.

4. KNOW WHEN TO AVOID IT

Order something else if you:

- are pregnant or nursing
- have received an organ transplant
- are immunocompromised
- have a chronic health condition like diabetes, or cancer

