

For Immediate Release
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‘Tis the season for . . . food poisoning!

As you finalize plans with family and friends this holiday season, the Washington Poison Center reminds you to keep food safety a priority. To avoid having to apologize to your guests or take care of sick family members, follow these simple tips:

- **Two Hour Rule** – If your food has been out at room temperature for more than two hours, toss it.
- **Small Amounts** – Put food out in small amounts and refill as needed.
- **On Ice** – Keep dips, sauces, and other refrigerated-type appetizers on ice.
- **Fire it Up** – Keep hot foods hot with chafing dishes, slow cookers, and warming trays.
- **Follow the Charts** – Visit www.fsis.usda.gov “Countdown to the Thanksgiving Holiday” for tips and guides for preparing holiday foods.
- **Finish by Monday** – Store leftovers separately and freeze if not eaten within 3-4 days.
- **Bottoms Up** – Children often drink from unattended and unfinished glasses of alcohol; empty all glasses and bottles and keep alcohol out of reach of minors.
- **Animal House** – Holiday foods and candy can make pets very sick; keep foods with nuts, avocado, onions, chocolate, salt and ham away from animals.
- **Call Mr. Yuk** – If questionable foods are consumed or illness occurs, contact the Washington Poison Center at **1-800-222-1222** any time or day (even during the holidays).

The Washington Poison Center, a 501(c)(3) nonprofit charitable organization that prevents harm from poisoning through expertise, collaboration and professional and public education. Reachable 24/7, the national poison hotline, **1-800-222-1222**, will connect you to specially-trained pharmacists, nurses and poison specialists.

Poison help is always free and confidential. Services are available for people with hearing problems and for non-English speakers. www.wapc.org

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