



**4 million Canadians
suffer every year
from food poisoning**

QUICK TIP

You can't always tell if food has gone bad by look, smell or taste alone. When in doubt, throw it out!

Although most people fully recover from food poisoning, it can also result in long-term health problems such as chronic arthritis and kidney failure; and sometime even death.

Take simple steps to protect yourself and your loved ones.

To learn more about *Safe Food Handling*
visit HealthyCanadians.gc.ca/foodsafety or call 1-800-O-Canada.



Health
Canada

Santé
Canada

Canada