

# Every year in Canada **4 million people** **suffer from food poisoning**



**While most people affected by food poisoning  
recover completely, serious long-term  
health effects can also occur.**

You can protect yourself and your loved ones by following  
simple, yet effective, safe food handling practices.

Learn more by visiting **[HealthyCanadians.gc.ca/foodsafety](https://www.healthycanadians.gc.ca/foodsafety)**  
or by calling **1 800 O-Canada.**