

Are you pregnant?

You and your baby are at greater risk of food poisoning and related complications.

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



Learn more and get your free *Safe Food Handling for Pregnant Women* guide on **[HealthyCanadians.gc.ca/foodsafety](https://www.healthycanadians.gc.ca/foodsafety)** or call **1 800 O-Canada**.



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