

GARBAGE AND WATER CONTAMINATION CRISIS

Safety Tips



1. Food Safety Precautions

- Clean food preparation areas and kitchenware and let dry completely before reuse
- Wash and sanitize fruits and vegetables carefully
- Peel fruits and vegetables before eating
- Cook food well, keep it covered
- Choose to eat out at a reputable and food certified restaurant

2. Water

- Drink safe water (bottled water)
- Use safe water to brush your teeth, wash and prepare food
- Avoid the use of ice if you are not sure of its sources (some might have used tap water for the ice)

3. House Safety

- Clean the floor regularly with strong disinfectant in order to decrease the risk of harmful germs

Don't forget to wash your hands more often with soap and safe water after toilet visits, before and after handling raw food and before eating.