

# Food safety during heatwaves



World Health  
Organization

Eastern Mediterranean Region

One of the indirect impacts of heatwaves on health is the increased transmission of foodborne pathogens. To protect yourself and your family's health follow the simple instructions below:



Wash your hands with soap and clean water for 20 seconds frequently before and during food preparation.



Wash fruit and vegetables with clean tap water.



Start shopping with dry food, fruit and vegetables and end with cold and frozen food.

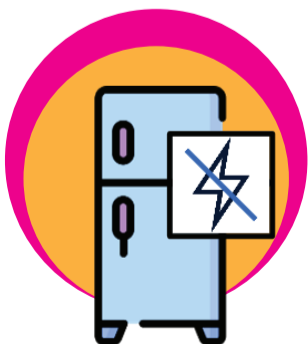
Separate raw and ready-to-eat food in your shopping cart, and in the fridge. Make sure to store food immediately in the fridge when you arrive home.



When reheating food in a microwave or oven, reheat for a sufficient duration and at the right temperature. Stir food to ensure it is evenly reheated.



Cook your food thoroughly until it reaches the recommended internal temperature. Bring soups and stews to the boil (70 °C).



During power cuts, avoid opening the fridge door as much as possible.



Place food and leftovers in covered containers in the fridge (below 5 °C). Avoid leaving food at room temperature.