

PUBLIC HEALTH FACT SHEET

No. 101.7

FOOD AND HYGIENE

- Throw out food contaminated with floodwater.
- Most perishable food in the tropics will spoil after 3 hours without refrigeration.
- Throw out any food that has started to spoil, especially if it feels slimy, smells bad or tastes strange.
- Don't open your fridge or freezer door unnecessarily.
- If the power has failed for longer than a day, food in refrigerators may be unsafe to eat. Food in the freezer will start to thaw unless the freezer was previously stocked with ice.
- Eat perishable foods in your fridge first (such as dairy products and meat) as they will spoil faster than frozen food.
- Partly thawed food should be eaten immediately, or may be cooked thoroughly and refrozen, but do not refreeze partly thawed food.

fact sheet