

## FOOD SAFETY EDUCATION MONTH

### 4 Ways to Protect You and Your Family as You Prepare and Handle Food:

1. Wash your hands, utensils, and surfaces often when you cook.
2. Separate raw meat, poultry, seafood, and eggs from cooked food and fresh produce.
3. Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
4. Refrigerate perishable foods and leftovers within two hours. Chill within one hour if it's above 90°F.

Find out more at: [CDC.gov](http://CDC.gov)



**GEAR UP**  
for food safety!

**Computer or mobile devices**

- Look for more tips to keep food safe at [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)
- Stay up to date on food recalls at [www.foodsafety.gov/recalls](http://www.foodsafety.gov/recalls)

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## MENTAL HEALTH CORNER

### September is National Suicide Prevention Awareness Month

How can you make a difference in suicide prevention? Learn about what to do if you think someone might be at risk for self-harm with these 5 Action Steps.

### 5 Action Steps for Helping Someone in Emotional Pain



#### ASK

“Are you thinking about killing yourself?”



#### KEEP THEM SAFE

Reduce access to lethal items or places.



#### BE THERE

Listen carefully and acknowledge their feelings.



#### HELP THEM CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



#### STAY CONNECTED

Follow up and stay in touch after a crisis.