Food safety is important during pregnancy

Foodborne illness can make you and your baby sick before and after birth. Keep yourself and your baby safe from foodborne illness by following these steps:

**SEPARATE**
Keep raw foods separated from other foods

**CHILL**
Refrigerate food promptly

**COOK**
Cook foods to appropriate temperatures

**CLEAN**
Wash hands and surfaces often

Get more information on food safety during pregnancy at [www.bccdc.ca/foodsafetyinpregnancy](http://www.bccdc.ca/foodsafetyinpregnancy) or talk to your health care provider or local public health office.