



# Don't wash raw chicken

→ Help protect yourself and your family from food poisoning bugs such as **campylobacter** by using our simple food safety tips.


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## Splashing water from washing chicken can spread campylobacter. Thorough cooking kills it.

Campylobacter is the most common cause of food poisoning in the UK.

Campylobacter can be spread easily and just a few bacteria could cause illness. This could come from raw or undercooked chicken, or from contamination due to washing raw chicken.

The easiest way to protect yourself and your family is to follow our simple food safety tips every time you prepare food.



### Symptoms of campylobacter infection

Campylobacter infections typically cause abdominal pain and diarrhoea for between two and five days.

✓ Follow these four rules to prevent campylobacter causing food poisoning.

# 1 Cover and chill raw chicken

Cover raw chicken and store at the bottom of the fridge so juices cannot drip on to other foods and contaminate them with food poisoning bacteria such as campylobacter.



Keep your fridge at 5°C or below.



# 2 Don't wash raw chicken

Cooking will kill any bacteria present, including campylobacter, while washing chicken can spread germs by splashing.

# 3 Wash used utensils

Thoroughly wash and clean all utensils, chopping boards and surfaces used to prepare raw chicken. Wash hands thoroughly with soap and warm water, after handling raw chicken. This helps stop the spread of campylobacter by avoiding cross contamination.



# 4 Cook chicken thoroughly

Make sure chicken is steaming hot all the way through before serving. Cut in to the thickest part of the meat and check that it is steaming hot with no pink meat and that the juices run clear.



## What is cross contamination?

Cross contamination occurs when harmful bacteria such as campylobacter are spread between food, packaging, hands, surfaces and equipment.

Avoid cross contamination by keeping raw and cooked foods separate and washing utensils after you have used them for raw meat or unwashed vegetables. This prevents bacteria spreading to other foods that are ready-to-eat.





**Campylobacter**  
causes more cases  
of food poisoning  
than E. coli, listeria  
and salmonella  
put together.

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