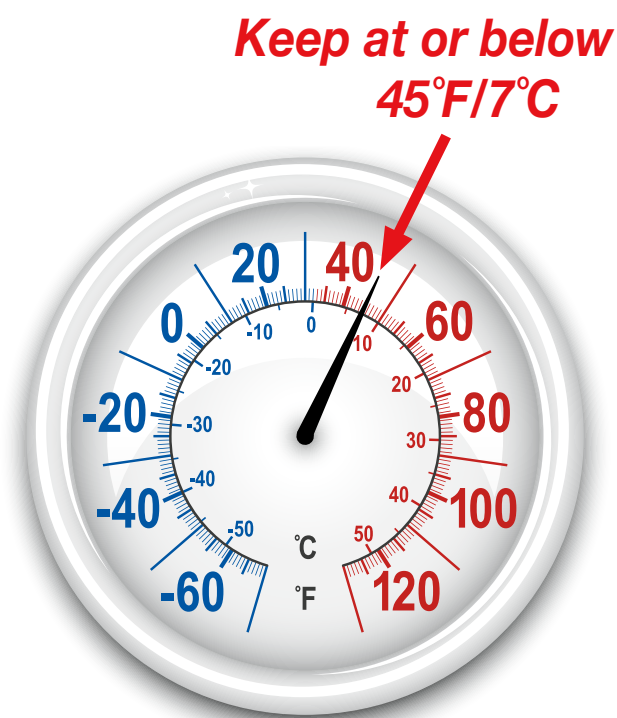


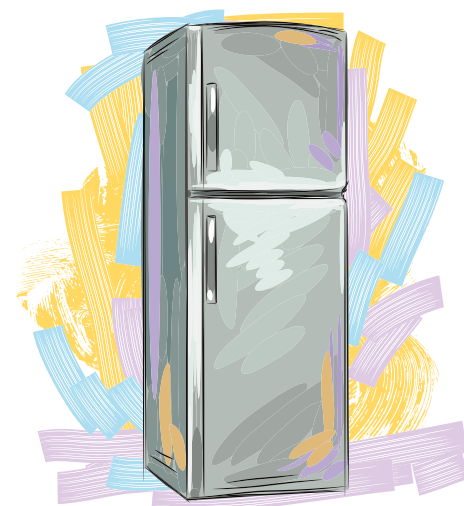
How to be Safe During a Power Outage

Be sure your food is safe to eat when the power goes out

- Refrigerated food should be kept at 45°F/7°C or colder.
- Keep your refrigerator and freezer doors closed.
- Refrigerated food will be safe for no more than 2 hours once it is above 45°F.
- Frozen food in a full freezer that has been kept closed is usually safe for about 48 hours.



Refrigerated food must stay at or below 45°F/7°C to be safe to eat.



Keep the refrigerator and freezer doors closed!

When in doubt, throw it out!

Do not eat unsafe food.

- It can make you sick.
- You cannot tell if food is safe by the way it looks or smells.
- Throw away any unsafe foods.
- Cooking or reheating food will not make it safe to eat.



For more information and a **list of foods** that should be thrown away, call **(860) 509-7297**, go to **www.ct.gov/dph/foodprotection**, or **dial 2-1-1**.

