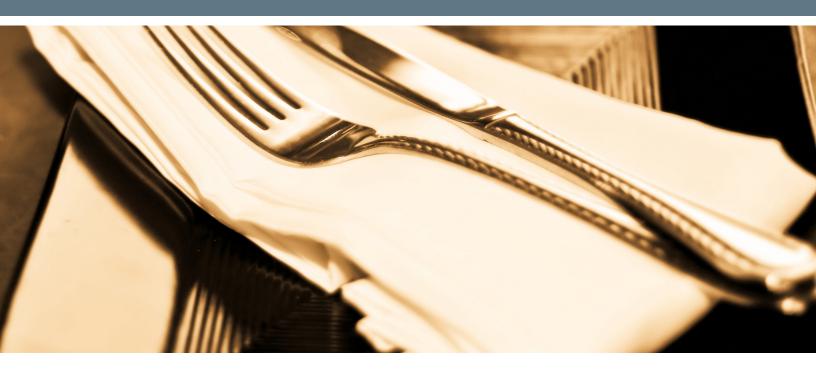# Protecting Yourself at a Restaurant

Check inspection scores.
Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.

Make sure the restaurant is clean.
Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.

Check that your food is cooked thoroughly.
Meat, fish, poultry and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.

Properly handle your leftovers.
Taking your food to go? Remember to refrigerate within 2 hours of eating out. If food is left in a hot car or temperatures above 90° F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days and throw them out if they smell bad or look funny.

For more information and to view health inspection results for restaurants near you visit: healthspace.com/ clients/ohio/ohio_website.nsf

DILEY RIDGE MEDICAL CENTER

MOUNT CARMEL

Fairfield Medical Center