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Give Thanks for Safety: Thanksgiving Tips for the Federated States of Micronesia

As you prepare for a festive and delicious Thanksgiving, these simple safety tips will help you create a safe and enjoyable holiday for you and your loved ones. Keep this guide handy to make sure everyone stays healthy and happy during the celebration!

DO...

- **Wash your hands:** Have everyone in the kitchen wash their hands with warm water and soap for at least 20 seconds before and after handling food.
- **Keep the turkey cool:** Store the turkey in its original wrapping in the refrigerator until you're ready to cook it.
- **Defrost safely:** Thaw your frozen turkey in the refrigerator or under cold running water. Allow 24 hours for every 4-5 pounds in the fridge; if using cold water, change it every 30 minutes.
- **Use a meat thermometer:** To ensure the turkey is fully cooked, use a thermometer to check that the internal temperature reaches 165°F.
- **Store leftovers properly:** Store leftover turkey in the refrigerator and enjoy within 3-4 days. Leftover stuffing and gravy should be consumed within 1-2 days.
- **Keep turkey and stuffing separate:** To prevent cross-contamination, store your turkey and stuffing in separate containers.

REMEMBER...

- **Thaw safely:** Always defrost your turkey in the refrigerator or under cold water. This keeps it safe and ready for cooking.
- **Keep food at the right temperature:** Make sure the turkey stays cold until it's ready to cook, and keep cooked turkey hot in the oven at no lower than 325°F.
- **Stay healthy in the kitchen:** If you're not feeling well, it's a good idea to let someone else handle the cooking.
- **Enjoy leftovers safely:** If you have leftovers, remember to refrigerate them promptly and enjoy them within a few days.
- **Be careful with stuffing:** If you're stuffing your turkey, do so lightly, allowing enough space for heat to circulate and cook it safely.

Prevention is the best treatment for poisonings; by following these simple tips, you'll have peace of mind knowing that you're helping ensure a safe, enjoyable, and healthy Thanksgiving celebration for everyone.

The Poison Center is staffed with Registered Nurses and Pharmacists. Available 24/7/365.

The Poison Center is a free and confidential service to the public.

288, wait for operator, then dial 888-222-4516.