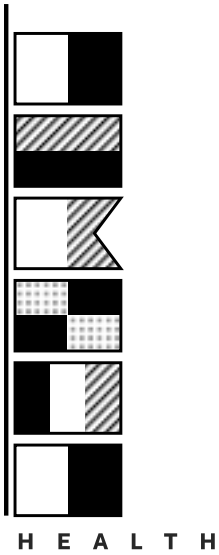
SEAFARERS HEALTH

FOOD SAFETY | NO. 02



5°C 60°C

COLD — Nothing in between. — HOT

Keep cold food cold.
Keep hot food hot.

Vomiting, bloody diarrhoea or signs of dehydration?
Tell the officer in charge of medical care now.

Read the free guide

seafarershealth.org/food-safety/

Free to print and share. General information, not medical advice.