

Fish Cooking Methods to Prevent Foodborne Illness

Missouri Department of Health and Senior Services

Advice for cooking fish:

- ❖ **Cook all fish thoroughly.** To thoroughly cook fish caught from Missouri's rivers, ponds, lakes, or fish purchased from your local grocery store, an internal cooking temperature of 145° F should be reached. A cooking thermometer should be used.

- ❖ **When to wash your hands:**
 - ✓ Before eating.
 - ✓ Before handling or preparing food.
 - ✓ After completion of food preparation.
 - ✓ After contact with blood or body fluids (like vomit, nasal secretions, or saliva).
 - ✓ After changing a diaper.
 - ✓ After you use the bathroom.
 - ✓ After handling animals, their toys, leashes, treats, or waste.
 - ✓ After touching something that could be contaminated (such as a trash can, cleaning cloth, drain, or soil).
 - ✓ Before dressing a wound, giving medicine, or handling contact lenses.
 - ✓ More often when someone in your home is sick.
 - ✓ Whenever they look dirty.

Remember: *If soap and water are not available, use an alcohol-based wipe or hand gel. The Missouri Department of Health and Senior Services cannot assure that this practice would protect you and your family from illness in this environment.*

Information provided by the
Missouri Department of Health and Senior Services
Section for Disease Control and Environmental Epidemiology
For more information, call 866-628-9891.