Learn the food safety steps that will keep young children under 5 safe from foodborne illness.

**Food Safety for Children Under 5**

**Why Are Children Under 5 at Risk?**
- Young children’s immune systems are still developing.
- Compared with other age groups, children under 5 years old have the highest incidence of several types of foodborne infections.

**Did You Know...**
- 15% of children under 5 years old with *E. coli* O157 develop hemolytic uremic syndrome (HUS)
- 6% of the general population with *E. coli* O157 develop HUS
- HUS can cause damage to the liver, kidneys, and pancreas and can be fatal

**High-Risk Foods for Children Under 5**
- **Raw or undercooked** foods including meat, poultry, and eggs
- **Unpasteurized** milk or juice
- **Raw or undercooked** oysters and seafood

**Remember**
- **Clean**: Wash hands and surfaces often.
- **Separate**: Keep raw meat and poultry separate from ready-to-eat foods.
- **Cook**: Cook foods to the proper internal temperature.
- **Chill**: Get leftovers to the fridge within 2 hours of being cooked.

**For more food safety tips, go to**
**FoodSafety.gov**