

## SPECIAL SITUATIONS



### Your Eating Style

#### **DON'T:**

- Don't eat out or eat take-out.
- Don't eat food made by someone else.

#### **DO:**

- Think about how you normally eat, then think about substituting with safe foods.
- Check out the frozen foods in your grocery store.
- Double check to make sure all the ingredients are safe.



### HOTEL

#### **DON'T:**

- Don't eat out or eat take-out.
- Don't eat food made by someone else.
- Don't buy more cold food than your small hotel room fridge will hold.
- Don't store refrigerated or frozen food in a cooler.
- Don't put hotel ice in your drinks.

#### **DO:**

- Stock up on non refrigerated factory packaged food items.
- Buy factory packaged food that is ready-to-eat and only needs heating.
- Shop frequently so you can safely store perishable food in the small hotel room fridge.
- Use a cooler for non-perishable items you like cold - like soft drinks.
- Use paper plates and disposable silverware.
- Cook food according to package instructions and make sure it is cooked completely.
- Keep leftovers in the fridge and throw them away after 24 hours.

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### At Dana Farber

#### **DON'T:**

- Don't go into the cafeteria if you can avoid it - there are too many people and germs.
- Don't eat unpackaged food like pizza, the salad bar, hot meals or cooler meals.
- Don't eat anything that isn't factory packaged.
- Don't drink fountain sodas.

#### **DO:**

- Plan ahead and bring safe snacks and drinks with you.
- Send someone else to get safe food for you if you need to eat cafeteria food.
- Select factory packaged food and drinks from the safe food lists.
- Find somewhere away from other people before you take off your mask and gloves to eat.
- Remember that hospitals are not germ-free - sick people come here!
- Wear your mask and gloves!



### Hunters

#### **DON'T:**

- Don't field dress game yourself.
- Don't butcher game meat yourself.
- Don't eat game that isn't fully cooked, like some jerky and sausage.

#### **DO:**

- Cook game meat completely - fowl to 180° F and other game to 170° F.
- Have someone else field dress and butcher your game.