The Guilford County Department of Public Health offers these food safety tips during and following a power outage:

- Never taste food to see if it is safe!
- Keep refrigerator and freezer doors closed as much as possible to maintain the cold temperatures.
- Food kept in a **closed** refrigerator should last for about four hours if the door remains closed. (Note: All refrigerators should have a thermometer to regularly check food temperatures. All refrigerated foods should be kept at 40˚F or lower).
- In the event of an extended power outage, store refrigerated foods in an ice-filled cooler.
- Refrigerated perishable food such as poultry, fish, meat, soft cheeses, milk, eggs, deli items and leftovers should be discarded after four hours without power.
- A full freezer will hold the temperature and keep food frozen for approximately 48 hours (24 hours if half full).
- If the power has been out for several days, the temperature of the freezer should be checked with an appliance or food thermometer. Food may be safely eaten or refrozen if it still contains ice crystals or is at 40˚F or lower.
- "When in doubt, throw it out."

For more information, you may contact :

Guilford County Department of Public Health at 641-3771 or https://www.guilfordcountync.gov/our-county/human-services/health-department

US Department of Agriculture (USDA) Food Safety and Inspection Service at (301) 344-4743.

USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), available in English and Spanish from 10:00 a.m. to 4:00 p.m. (Eastern Time) Monday through Friday. Recorded food safety messages are available 24 hours a day.