Fish Cooking Methods to Prevent Foodborne Illness

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 145º 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.