

STAY HEALTHY WHILE DINING OUT: SANITATION TIPS FOR RESTAURANT DINERS

Restaurant

Restaurants do their best to keep their establishments clean. But sometimes even best efforts aren't enough when it's height of sick season. There are several things restaurant diners can do to prevent catching bacteria, viruses, and illness when dining out.



1 Wash your hands. It's never a bad idea to wash your hands before and after eating any food. This includes while dining out. It's a good way to stop bacteria and viruses from spreading so don't hesitate to take advantage of the hand sanitizer by the hostess station or bring your own pocket-sized bottle.

2 Sanitize your utensils and table. Most restaurants wipe down tables between parties and utensils are run through a hot dishwasher between uses but if you feel that either is still dirty or simply prefer to be extra vigilant, feel free to wipe down the table surface and cutlery yourself with disposable wet wipes or sanitizer.



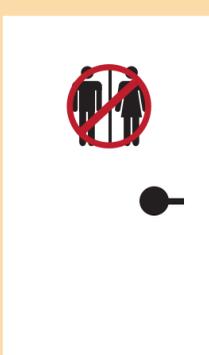
3 Ask your server for disposable products. Many restaurants keep paper and plastic products on hand for their take-out orders so if using one-use products like those make you feel more comfortable, ask your server to get a to-go cup instead of a glass one and disposable plates and cutlery instead of the in-house options, if available.

4 Closely monitor your server for signs of illness—coughing, sneezing, flushed cheeks, etc. You don't want to get sick or have your food served by someone who might be ill.



5 Pay attention to what you order from the menu. The high heat required to cook meat, pasta, vegetables, and other foods kill off bacteria and germs while simply rinsing food under running water does not. So, you might want to rethink ordering that salad if it's the height of flu or cold season.

6 Take note of a restaurant's general cleanliness. Does it look clean? Can you see dust in the corner or stray bits of trash? How well a restaurant takes care of its dining area can be an indicator of how well they clean their kitchen area.



7 Be prepared to avoid the bathroom. A public restroom can be home to so many germs. Although restaurants try to keep bathrooms well stocked with toilet paper, soap, and paper towels, that's not always the case. And in many cases, to leave the restroom, you must open the door after you've just finished washing your hands which can make you feel the need to start over. To avoid a germ situation, use the bathroom before you arrive and after you leave.