Fires, explosions and volcanic eruptions can damage and contaminate your food and water due to heat, smoke, fumes and chemicals. Keep yourself and your family safe and healthy by following these simple tips.

**TIP 1**

**Decontaminate or discard food with signs of contamination.**

Discard food that has been exposed to smoke, fumes or chemicals containing toxins that cannot be washed off.

When in doubt, throw food out. Contaminated food to be discarded may include:

- Raw, fresh and non-refrigerated food such as vegetables, fruits, potatoes and rice.
- Food in permeable packaging such as cardboard, plastic wrap, cans, screw-topped jars and bottles.

**Assess your food stock.** Discard food that shows signs of heat exposure and unpackaged food that has been exposed to smoke, fumes or firefighting chemicals.

Food in cans or jars may appear to be okay, but if they have been close to the heat of a fire, they may no longer be safe.

Any type of food stored in permeable packaging — cardboard, plastic wrap, etc. — should be thrown away. Toxic fumes can permeate the packaging and contaminate the food.

Food exposed to smoke or fumes should be discarded. This includes unpackaged food in refrigerators, which are not airtight.

For more information, please visit *The Five Keys to Safer Food Programme* recommended by the World Health Organization: [https://www.who.int/activities/promoting-safe-food-handling](https://www.who.int/activities/promoting-safe-food-handling)
**TIP 4**

**Stay informed and healthy.**

- Follow the advice of local authorities responsible for food safety. Share this information with your family members and neighbours.
- Seek help from a health facility if anyone in your household gets sick.

For more information, please visit *The Five Keys to Safer Food Programme* recommended by the World Health Organization: [https://www.who.int/activities/promoting-safe-food-handling](https://www.who.int/activities/promoting-safe-food-handling)

WPR/2024/DSE/007

© World Health Organization 2024

Some rights reserved. This document is available under the CC BY-NC-SA 3.0 IGO license.