



Take  
your meal  
where they  
don't break  
the rules  
of food  
hygiene

## Avoid food poisoning when eating out

### *Choose clean premises where:*

- Food handlers are properly attired and prepare food hygienically.
- Clean utensils are used.
- Ready-to-eat food is properly covered.
- Food served is freshly prepared.
- Food wrappers are of clean and waterproof material.
- Premises are free from cockroaches, flies, rats and strays.

A Message from  
Ministry of Health Malaysia

