

Don't Wash Your Chicken!



**DON'T WASH YOUR
CHICKEN!**

Although raw chicken and turkey can carry bacteria on their surfaces, research has shown that washing raw poultry under running water in your kitchen sink is a bad idea.

If germs were visible to the naked eye, you would see that washing poultry just splashes bacteria all over you, your kitchen towels, your countertops, and any other food you have nearby, such as raw foods or salads. This can make people sick, especially young children, pregnant women, older adults, and the immunocompromised.

When water splashes off the poultry, it can aerosolize (turn into a fine spray). Even if you can't see or feel the spray, bacteria from raw poultry could be landing on you, your kitchen towels, your countertops, and nearby food.

Instead, just take raw poultry straight from the package into the cooking pan. The heat from the cooking process will kill any bacteria that are present. Then simply clean up any splashes and wash your hands with soap and hot water.

[Press release from Drexel University](#)

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