Food and Agriculture Organization of the United Nations

BE SAFE FROM PORK TAPEWORMS

GOOD FOOD SAFETY PRACTICES

Never eat raw or undercooked meat.

Using acid agents such as a little lime or vinegar in low concentration, or freezing at temperatures higher than -20°C will not kill this parasite.

71°c

Always cook meat to a core temperature of at least 71°C.

Always use potable water for preparing and cooking food.

Practice proper hand hygiene. Always wash your hands before eating and after using the toilet.

Only defecate in latrines or in a designated place.

TO AVOID INFECTION

THOROUGHLY COOK YOUR MEAT*

*Pork Tapeworms are killed at a core temperature of 60°C and above. However other pathogens required a higher temperature, so to be safe, always cook pork at 71°C and above.