# Phiếu ghi 4: Cách tôi sử dụng quy tắc 2 giờ/4 giờ cho thực phẩm rủi ro cao

**Thực hành của quý vị: Kiểm soát thời gian và nhiệt độ (quy tắc 2 giờ/4 giờ)**

Viết ra thực hành thông thường của quý vị ở đây để sử dụng quy tắc 2 giờ/4 giờ. Cập nhật nếu thực hành của quý vị thay đổi. (Thêm trang mới nếu cần.)

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