

## SEPTEMBER 2017 HEALTHY TIP

### FOOD SAFETY

The U.S. food supply is among the safest in the world, but organisms that you can't see, smell, or taste – bacteria, viruses, and tiny parasites – are everywhere in the environment. According to the Centers for Disease Control and Prevention, each year 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in this country can be traced back to foodborne pathogens. Those statistics have dropped in the last 5 years, but foodborne illness costs Americans billions of dollars each year, so it's important to be vigilant about the ways to reduce your risk of getting sick!

#### Reducing Your Risk

- ✓ **CLEAN** - Wash your hands with soap and warm water for 20 seconds before handling food. Clean surfaces before preparing food on them. Rinse fresh fruits and vegetables under running water, even if you plan to peel the produce.
- ✓ **SEPARATE** – Keep the utensils, cookware, and plates used for raw, uncooked foods separate from the items used to prepare and store cooked foods. Bag fresh fruits and vegetables separately from meat, poultry, and seafood products.
- ✓ **COOK** - Cook foods to a safe internal temperature. Do not eat raw or undercooked meat, including hamburgers, poultry, and seafood, and do not drink raw milk or eat products made from raw milk. Use a meat thermometer to make sure foods are cooked to a safe temperature.
- ✓ **CHILL** - Chill foods promptly after serving and when transporting from one place to another. Keep your refrigerator at 40°F or below. Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator. Keep hot foods hot and cold foods cold.
- ✓ **RECALL** - According to recent research most Americans say they pay close attention to news reports about food recalls, yet fewer than 60% of Americans have ever checked their homes for a recalled food item. When you learn of a food recall, it's important to check your home for those products!



There are multiple bacteria that can cause foodborne illness, and symptoms vary depending on the type of bacteria and severity of the illness. Common symptoms include nausea, vomiting, abdominal cramps, and diarrhea. See your doctor or healthcare provider when diarrheal illness is accompanied by a high fever (temperature over 101.5°F, measured orally), blood in the stools, prolonged vomiting that prevents keeping liquids down, signs of dehydration, including a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up, or if diarrheal illness lasts more than 3 days.

#### WORLD CLASS. LOCAL TOUCH.

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