



Stay Healthy With These Food Safety Tips

Clean



Wash your hands and surfaces often with warm soapy water to prevent the spread of germs.

Separate



- Don't spread germs from one food product to another (cross-contamination). Separate raw meat, poultry, and seafood from other foods.
- Don't use the same cutting board or utensils unless you wash them.

Cook



Cook food to proper temperatures:

Turkey, Chicken & Duck	165° F
Egg Dishes	160° F
Beef, Veal, Lamb, Pork – Ground	160° F
Beef, Veal, Lamb, Pork – Steaks & Roasts	145° F
Fish	145° F

Chill



- Refrigerate promptly. Keep cold foods cold (40°F or below). Refrigerate leftovers within 2 hours.
- Throw out foods that should have been kept cold but have been left out for more than 2 hours.

Symptoms of foodborne illness include **stomach pain, vomiting, and diarrhea**, all of which can start hours or days after eating contaminated food or drink. See your doctor if you have these symptoms.

Foodborne illness can be severe and even life-threatening in:

- Older adults
- Infants and young children
- Pregnant women
- Those with conditions that weaken their immune systems.

For more information visit <http://publichealth.lacounty.gov/acd/Food.htm>

Food Safety- Avoid Foodborne Illness This Summer

1. Why is food safety important?

Safe steps in food handling, cooking, and proper storage are important in preventing foodborne illness. These guidelines will help prevent you and your family from getting sick from food.

2. What causes foodborne illness?

Raw or undercooked meats including turkey, chicken, beef and lamb can contain Campylobacter, Salmonella or E.coli bacteria that cause diarrhea and other health problems. Cooking meats to the proper temperature can kill these bacteria; freezing meats does not kill these bacteria.

3. What are symptoms of foodborne illness?

Symptoms of foodborne illness (food poisoning) include stomach pain, vomiting, and diarrhea, all of which can start hours or days after consuming contaminated food or drink. For healthy people, most symptoms usually go away after a few hours or days without treatment. However, foodborne illness can be severe and even life-threatening in older adults, infants and young children, pregnant women, and those with conditions that weaken their immune systems

4. How can you prevent foodborne illness?

There are 4 important tips to preventing foodborne illnesses:

1. **Clean – Wash hands and surfaces often** with warm soapy water to prevent the spread of germs throughout the kitchen.
2. **Separate – Don't cross contaminate.** Spreading germs from one food product to another is called cross-contamination. To prevent this from happening separate raw meat, poultry, and seafood from other foods. Wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat.

3. Cook – Cook food to proper temperatures.

Turkey, Chicken & Duck	165° F
Egg Dishes	160° F
Beef, Veal, Lamb, Pork – Ground	160° F
Beef, Veal, Lamb, Pork – Steaks & Roasts	145° F
Fish	145° F

4. **Chill – Refrigerate promptly.** Keep cold foods cold (40°F or below). Refrigerate leftovers within 2 hours. Throw out foods that should have been kept cold but have been left out for more than two hours.



Key Points:

- Cook food to proper temperatures
- Symptoms of foodborne illness can be life-threatening for older adults, infants and young children, pregnant women, and those with weakened immune systems
- Proper food handling can prevent foodborne illness

For more information:

USDA Meat and Poultry Hotline

1-800-674-6854

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/foodsafety/>

LA County Department of Public Health

publichealth.lacounty.gov/acd/Food.htm