



Siletz Community

Find us on Facebook! Siletz Community Health Department

Accessible version: <https://www.cdc.gov/foodsafety/food-poisoning.html>

FOOD POISONING: PROTECT YOURSELF AND YOUR FAMILY

Anybody can get food poisoning (also called foodborne illness).
But the following groups are more likely to get sick and to have a more serious illness:



Adults aged 65 and older



Children younger than age 5



People who have health problems or take medicines that lower the body's ability to fight germs and sickness



Pregnant women

Take Steps to Prevent Food Poisoning



1 Wash hands, utensils, and kitchen surfaces often when you cook.



2 Keep fresh produce separate from raw meat, chicken, turkey, seafood, and eggs. Use separate cutting boards and plates.



3 Cook food to the right internal temperature to kill germs. Use a food thermometer to check.



4 Refrigerate perishable food and leftovers within 2 hours (within 1 hour if it's hotter than 90°F outside).

You should not eat these foods if you are more likely to get food poisoning:

- Undercooked or raw animal products, such as meat, chicken, turkey, eggs, and seafood
- Raw or lightly cooked sprouts
- Unpasteurized (raw) milk and juices
- Soft cheese, such as queso fresco, unless it is made with pasteurized milk

Cook to the right temperature:

145°F	Steaks, roasts, chops of beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	Fish with fins
145°F	Fresh ham (raw)
160°F	Ground meats like beef and pork
160°F	Egg dishes like frittata and quiche
165°F	All poultry, including ground chicken and turkey
165°F	Leftovers and casseroles



See a doctor if you have these symptoms. They could be signs of serious food poisoning.

- High fever (over 102°F)
- Diarrhea for more than three days
- Dehydration (dry mouth and throat, feeling dizzy when you stand up)
- Bloody diarrhea
- Frequent vomiting



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Learn more at www.cdc.gov/foodsafety

CS 310155-A August 30, 2019

Summer Food Safety

Adrienne Crookes, Community Health Advocate



Foodborne illness is common during the summer months when warm temperatures promote bacterial growth. Pregnant women, young children, older adults and people with AIDS, cancer and other diseases that affect the immune system are particularly susceptible.

Moist, protein-rich foods (such as fried chicken, roast beef, ham, baked beans, potato and pasta salads, deviled eggs, and cream pies) need to be handled carefully. To keep picnic food safe to eat, keep these hints in mind:

Picnic Shopping

Buy perishable foods last and get them home right away. If you're on your way to the picnic site, put them right into a portable ice chest or insulated bag with coolants (You can make your own ice pack by freezing water in a milk carton). Never leave perishable food in a hot car.

Picnic Set-up

Cleanliness is as important at the picnic site as it is at home. If there won't be running water available, take soap and a jug of water along. Everyone should wash their hands before preparing food. Disposable hand wipes can be used if you'll be hiking some distance from your vehicle.

Microorganisms can cling to raw fruits and vegetables. Be sure to wash them at home or at the picnic site before you eat them.

Keep perishable food cold until you're ready to serve it. When possible, put the cooler in the shade and keep the lid on it. Plan to eat the food soon (preferably within an hour or two).

Barbecuing

Cook meat and poultry thoroughly to destroy bacteria that grow in animals' intestinal tracts. Ground meat should be well-done (brown throughout). Poultry shouldn't be pink. For a backyard barbecue, meat can be partially cooked in the oven or microwave just before grilling.

Don't spread bacteria from raw meat and poultry to other food. Wash your hands after handling meat and poultry. Use clean plates and utensils when you take the cooked meat and poultry off the grill.

Handling Leftovers

Perishable food shouldn't be held at lukewarm temperatures (40 to 140 degrees F) longer than 2 to 3 hours. Put it back into the cooler as soon as you finish eating. Don't leave the food out when you go for a swim or a hike. If perishable foods haven't been kept at the right temperature, throw leftovers out. It's not safe to save them for another meal at home. When you won't have a way to keep perishable picnic food cold, choose foods that don't need refrigeration. Canned and dried foods are good choices. These include canned tuna or Vienna sausages, corned beef, peanut butter, nuts, raw or dried fruits, raw vegetables, bread, crackers, cookies, canned pudding and packaged snacks.

Source: extension.oregonstate.edu/lane

Tobacco Prevention

Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

There is no risk-free level of exposure to secondhand smoke.

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

What can we do to help prevent secondhand smoke exposure?

Smoke outside—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

Let's work together and help protect the Health of our people.



Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-784-8663