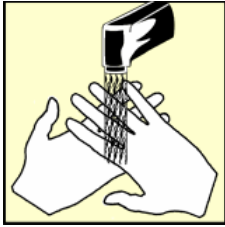


We Wish You Well!



Nausea and diarrhea are no fun. Pregnant women, babies, young children, older people, and people with AIDS/HIV or cancer are more likely to get food borne illness. But anyone can get it! Here are some ways to keep from getting food borne illness:

KEEP IT CLEAN!

Bacteria can live in the intestines of animals (including humans). Cooking kills these bacteria. But it is important to keep them from spreading to foods that won't be cooked (or reheated).

- Wash your hands with soap and water before handling food - especially after using the toilet or changing diapers.
- Wash counters, cutting boards, and utensils after handling raw meat, poultry, seafood and eggs. Wipe with diluted bleach (1 Tablespoon chlorine in a gallon of water).
- Put pans under raw meat, poultry, and seafood in the refrigerator to keep them from dripping on to other foods.

COOK IT WELL!

Thorough cooking kills bacteria. These are signs that your food is "well done":

- Ground beef is no longer pink
- Poultry meat and its juice are no longer pink
- White fish looks milky and flakes easily with a fork
- Clams look milky-white
- Egg whites and yolks are firm

COOL IT SOON!

Bacteria grow fast when food is lukewarm. Don't keep cooked foods such as meat, casseroles, vegetables, hard-cooked eggs, pasta, potato salad, or leftovers at room temperature longer than 2 hours. Cool soups and stews quickly by refrigerating them in shallow pans.

Keep hot foods **HOT!**

Keep cold foods **COLD!**