

What is a foodborne illness?

Every year, millions of people get sick from some kind of foodborne illness — also known as food poisoning — an illness spread by food that is not handled or stored right.

Food poisoning can happen anywhere food is served. When foods are not handled properly or stored at wrong temperatures for several hours, germs in the food can grow.

What are signs and symptoms of a foodborne illness?

Signs and symptoms of a foodborne illness may include:

- ◆ Diarrhea
- ◆ Vomiting
- ◆ Cramps
- ◆ Fever

It can take a few hours to several days for symptoms to appear. Serious problems can sometimes occur – especially in the young, elderly and in people with chronic illnesses.



How can it be prevented?

Prevent food borne illnesses by following these rules:

1 - Buy it right

- ◆ Buy fresh foods! Look at date on package.
- ◆ At the grocery store, pick up foods that need to be kept in a refrigerator or freezer last. Don't leave them in the car while you do other things.
- ◆ Read labels on all foods and refrigerate them if necessary.
- ◆ Leave meat and poultry (chicken/turkey) wrapped in their original packages unless they are damaged.
- ◆ If you must rewrap food, use plastic wrap, aluminum foil or wax paper. A lot of contact with the food can contaminate (or spoil) the food.

2 - Clean it right

- ◆ Wash hands in hot soapy water before and after handling food and between each step in preparing the food.
- ◆ Use plastic gloves to handle food if you have any kind of cut or sore on your hands or when you are sick. Do not sneeze or cough into food.



3 - Clean it right Continued

- ◆ Wash – Rinse – Sanitize counter tops and utensils before/after preparing food and between steps! Wash counters and utensils with hot, soapy water, rinse and sanitize with a chlorine bleach cleaner.
- ◆ Make your own cleaner by mixing **2 teaspoons chlorine bleach with 1 quart water**. You can make this in a clean spray bottle for quick use. Don't save it for more than a day.

3 - Prepare it right

- ◆ Use different utensils for preparing each food. For example, don't stir the gravy with a spoon you used to make stuffing.
- ◆ Do not thaw (unfreeze) food on kitchen counter. Meat/poultry can usually be thawed overnight in fridge. Food can also be thawed in microwave right before cooking it.
- ◆ If you marinate food, place in fridge during the process.
- ◆ Use only clean eggs. Throw away eggs that are dirty, broken or cracked. Do not wash eggs before use.
- ◆ Wash all fruits and vegetables before cutting or eating them.

3 - Prepare it right continued

- ◆ Never taste or use any foods that is in a rusty, leaking or badly dented can or from a jar that is cracked or whose seal has been broken. Throw it out or return it.
- ◆ Remember – **if in doubt throw it out!**

4 - Serve it right

- ◆ Keep hot foods hot (135° F) and cold foods cold (41° F) when serving and storing.
- ◆ Never leave food out of the fridge for over two hours. Throw away food that has been left out longer.
- ◆ Make sure each food item has its own serving utensil. Don't swap utensils from one dish to another dish.

5 - Store it right

- ◆ Refrigerate leftovers right away. Divide large amounts of leftovers into smaller ones before refrigeration.
- ◆ Refrigerate raw or cooked eggs, including hard-boiled. They spoil easily.
- ◆ Tightly wrap/date foods stored in freezer.
- ◆ Keep fridge temperature at 41° F or below.
- ◆ Keep freezer temperature at 0° F or below.

REMEMBER

BUY it right!

CLEAN it right!

PREPARE it right!

SERVE and **STORE** it right!



For more information, contact:

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FOODBORNE ILLNESS

Learn how to prevent food poisoning

