

5 WAYS TO PREVENT FOODBORNE ILLNESS



1 MAINTAIN PERSONAL HYGIENE

Wash hands in designated sinks only

Wet hands with hot water and soap for 20 seconds & dry with a single-use towel

Wash your hands after:

◇ using the restroom

- ◇ coughing, sneezing, or blowing your nose
- ◇ smoking, eating, or drinking
- ◇ Touching trash, dirty equipment, chemicals, or money



- ◇ Wear clean clothing and hair restraints
- ◇ Do not wipe hands on towels, aprons, or clothes
- ◇ Keep fingernails trimmed and clean



- ◇ Wash hands before putting on gloves and in between changing gloves
- ◇ Change gloves when changing tasks
- ◇ Do not save and reuse gloves
- ◇ Change gloves at least once every four hours

Wear Gloves

When preparing ready to eat foods



- ◇ Use different cutting boards for raw meats, cooked meats, and vegetables
- ◇ Utilize proper storage of foods: ready-to-eat foods on top, then seafood, steak, pork chops, ground meat, and poultry on the bottom
- ◇ Date mark ready-to-eat foods and throw out after 7 days
- ◇ Rotate stored food products so the oldest is used first
- ◇ Throw out swollen, bulged or dented cans

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DON'T CROSS-CONTAMINATE



3

KEEP IT COLD, KEEP IT HOT



Keep cold foods cool at 41° (F) or below

Keep warm foods hot at 135° (F) or above

Cool food in 6 hours or less by cooling small portions, using an ice bath, or placing food in shallow pans uncovered (no lid)

Properly thaw foods by:

- ◇ Placing it in the refrigerator at or below 41° (F)
- ◇ Placing it under cold running water at or below 70° (F)
- ◇ Heating it in the microwave followed by immediate cooking

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KNOW YOUR SOURCE

Know where your food is coming from and make sure it is an approved source. An approved source is a facility where the food produced, prepared, or processed meets the standards of the responsible regulatory agency.



5 COOK IT THOROUGHLY

Be sure to cook foods to proper internal cooking temperatures:

- ◇ 135° (F) Fruits, vegetables, grains, legumes
- ◇ 145° (F) Fish, eggs, shellfish, steaks/chops of beef, pork or veal
- ◇ 155° (F) Ground meats, injected meats, ground seafood
- ◇ 165° (F) Raw poultry, stuffed meat, seafood, poultry, or pasta

Summit County Public Health

1867 West Market Street | Akron | Ohio | 44313-6901

Phone: (330) 926-5600 | Toll-free: 1 (877) 687-0002 | Fax: (330) 923-6436

