

## **Tips for Preventing Foodborne Illness**

### **Some Tips for Preventing Campylobacter**

- Cook all poultry products thoroughly. Make sure that the meat is cooked throughout (no longer pink), any juices run clear, and the inside is cooked to 170oF (77oC) for breast meat, and 180oF (82oC) for thigh meat.
- If you are served undercooked poultry in a restaurant, send it back for further cooking.
- Wash hands with soap before handling raw foods of animal origin. Wash hands with soap after handling raw foods of animal origin and before touching anything else.
- Prevent cross-contamination in the kitchen: Use separate cutting boards for foods of animal origin and other foods.
- Carefully clean all cutting boards, countertops and utensils with soap and hot water after preparing raw food of animal origin.
- Avoid consuming unpasteurized milk and untreated surface water.
- Make sure that persons with diarrhea, especially children, wash their hands carefully and frequently with soap to reduce the risk of spreading the infection.
- Wash hands with soap after having contact with pet feces.

### **Tips for Reducing the Risk of Salmonella enteritidis**

- Keep eggs refrigerated.
- Discard cracked or dirty eggs.
- Wash hands and cooking utensils with soap and water after contact with raw eggs.
- Eat eggs promptly after cooking. Do not keep eggs warm for more than 2 hours.
- Refrigerate unused or leftover egg- containing foods.
- Avoid eating raw eggs (as in homemade ice cream or eggnog). Commercially manufactured ice cream and eggnog are made with pasteurized eggs and have not been linked with Salmonella enteritidis infections.
- Avoid restaurant dishes made with raw or undercooked, unpasteurized eggs.
- Restaurants should use pasteurized eggs in any recipe (such as Hollandaise sauce or caesar salad dressing) that calls for pooling of raw eggs.

### **What can you do to prevent E. coli O157:H7 infection?**

- Cook all ground beef and hamburger thoroughly. Because ground beef can turn brown before disease-causing bacteria are killed, use a digital instant-read meat thermometer to ensure thorough cooking. Ground beef should be cooked until a thermometer inserted into several parts of the patty, including the thickest part, reads at least 160° F. Persons who cook ground beef without using a thermometer can decrease their risk of illness by not eating ground beef patties that are still pink in the middle.
- If you are served an undercooked hamburger or other ground beef product in a restaurant, send it back for further cooking. You may want to ask for a new bun and a clean plate, too.

- Avoid spreading harmful bacteria in your kitchen. Keep raw meat separate from ready-to-eat foods.
- Wash hands, counters, and utensils with hot soapy water after they touch raw meat. Never place cooked hamburgers or ground beef on the unwashed plate that held raw patties. Wash meat thermometers in between tests of patties that require further cooking.
- Drink only pasteurized milk, juice, or cider. Commercial juice with an extended shelf-life that is sold at room temperature (e.g. juice in cardboard boxes, vacuum sealed juice in glass containers) has been pasteurized, although this is generally not indicated on the label. Juice concentrates are also heated sufficiently to kill pathogens.
- Wash fruits and vegetables thoroughly, especially those that will not be cooked. Children under 5 years of age, immunocompromised persons, and the elderly should avoid eating alfalfa sprouts until their safety can be assured. Methods to decontaminate alfalfa seeds and sprouts are being investigated.
- Drink municipal water that has been treated with chlorine or other effective disinfectants.
- Avoid swallowing lake or pool water while swimming.
- Make sure that persons with diarrhea, especially children, wash their hands carefully with soap after bowel movements to reduce the risk of spreading infection, and that persons wash hands after changing soiled diapers. Anyone with a diarrheal illness should avoid swimming in public pools or lakes, sharing baths with others, and preparing food for others.

#### **Tips for preventing the spread of shigellosis:**

- wash hands with soap carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing foods or beverages
- dispose of soiled diapers properly
- disinfect diaper changing areas after using them
- keep children with diarrhea out of child care settings
- supervise hand washing of toddlers and small children after they use the toilet
- persons with diarrheal illness should not prepare food for others
- if you are traveling to the developing world, "boil it, cook it, peel it, or forget it"
- avoid drinking pool water

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