

# Critical Days of Summer Safety Campaign 2020



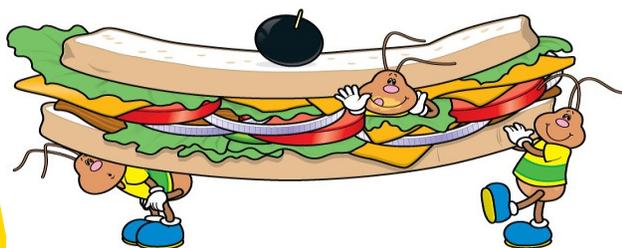
Week 10 of 16

## Food Safety

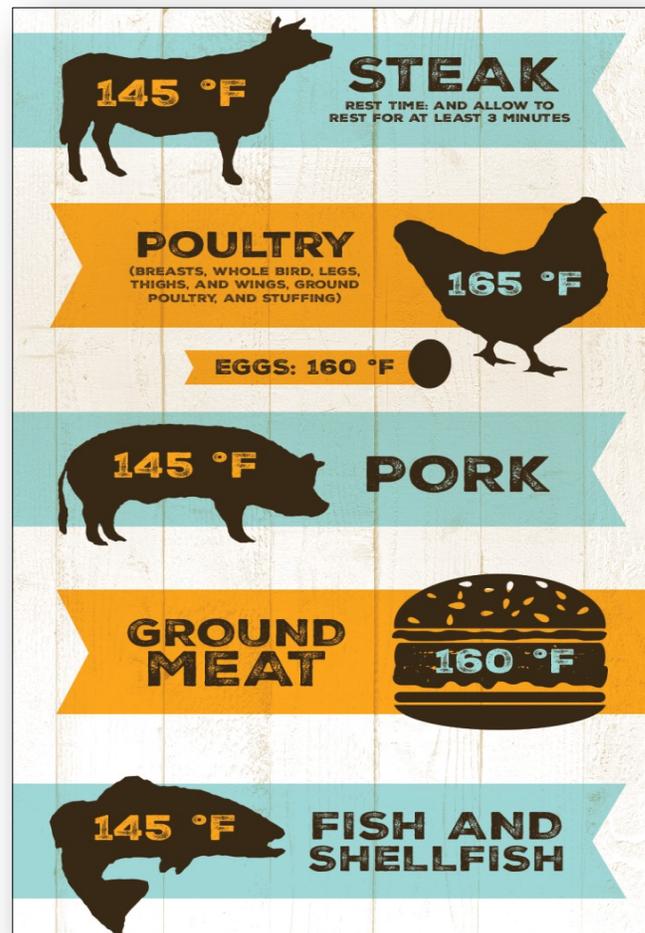
*The hot weather is the perfect time to picnic and cook outdoors, but the warm weather also creates the perfect environment to support the growth of harmful food bugs. Keep your food and family safe by following these simple tips.*

### Picnics and Cookouts

- Use an insulated cooler filled with ice or icepacks. Foods that need to be kept cold include raw meats, deli meats or sandwiches, salads, cut up fruit and vegetables, and dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. Also, keep it out of direct sun by placing it in the shade.
- Avoid opening the cooler repeatedly so that your food stays colder longer.
- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Always use clean plates and tongs for serving cooked food. Never reuse items that touched raw meat to serve the food once it is cooked.
- Keep perishable food cold until it's ready to cook.
- Serve cold food in small portions and keep the rest in the cooler. After cooking meat on the grill, keep it hot until served.



### Safe Internal Temperatures



- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures.
- Perishable food should not sit out for more than two hours. In hot weather (above 90 F), food should NEVER sit out for more than one hour.



## **Cleanliness around Food**

- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- With canned goods, remember to clean lids before opening.
- Wash your hands with warm water and soap before and after handling food and after using the bathroom, changing diapers, and handling pets.

1. **Wet your hands.** Use water that is as hot as you can stand.
2. **Apply soap.**
3. **Rub your hands together.** Make sure to scrub between your fingers and up your forearm for 20 seconds.
4. **Rinse thoroughly.**
5. **Dry your hands.** No, not on the kitchen towel you use to dry dishes, carry hot plates or clean off the counter! Dry hands on a designated hand towel or use a paper towel.



## **Food Poisoning**

- Each year, millions of people in the United States get sick from contaminated food. Researchers have identified more than 250 food-borne diseases.
- Children and the elderly are most likely to get food poisoning. You may also be at a higher risk if you have a chronic medical condition, such as kidney disease or diabetes, are pregnant, or have a weakened immune system.
- Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on



which bacteria or virus has contaminated the food. They may range from mild to severe and include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever, and dehydration.

- Most cases of food poisoning are mild and clear up in a few days. During that time, the goal is to prevent dehydration. You should avoid solid foods and dairy products until the vomiting and diarrhea have passed. Once you are feeling better, ease into eating and drinking again.
- If your symptoms are severe or you think you're having an allergic reaction, make sure you seek medical care. When in doubt, go to the doctor or emergency room.

**Questions?  
Contact the  
MCAS Iwakuni  
Station Safety Center**

