

At Risk

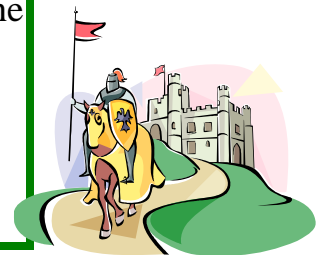
How To Defend Yourself From Foodborne Illness

Foodborne illness is any illness you get from food that you eat. Senior adults are more at risk because their immune systems are declining. Other people who are in a high risk group include those who have had organ transplants and are on medication to suppress their immune system and people who already have a health condition such as diabetes, liver disease or AIDS and are not able to fight off diseases like a healthy individual. This can also include people who are undergoing treatment for cancer.

What can I do to protect myself...

When shopping...

- Select only perishable foods stored at the proper temperature in the store.
- Don't buy perishable foods if stored in non-refrigerated cases.
- Pick up refrigerated foods last.
- Avoid packages that are torn, open or leaking.



When buying at the deli...

- Check to be sure deli clerks wash their hands and change gloves.
- Avoid ready-to-eat foods in the same cases with raw foods.
- Plan to thoroughly reheat deli meats and hot dogs before eating.

When buying shelf stable food...

- Choose those that are free from dents or damage.
- Be sure tamper resistant seals are in place.
- Check to see that safety buttons are down.





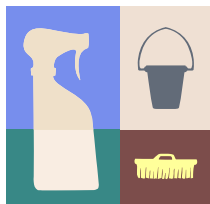
When I get back home...

- Refrigerate cold foods immediately at 40 °F or colder.
- Freeze frozen foods at 0 °F or colder.
- Store shelf stable foods in a cool, dry place.

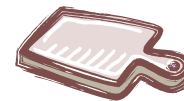
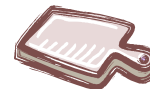


When handling food at home...

- Wash hands with soap and warm, running water for at least 20 seconds – OFTEN!
- Wash areas where you make food with soap and hot water.
- Wash dishes and utensils with soap and hot water or in the dishwasher.
- After working with raw meat, poultry, fish, eggs or seafood, sanitize.
- Use separate plastic cutting boards for raw meats and other foods.
- Wash cutting boards thoroughly with soap and hot water or in a dishwasher.
- Cook to a high enough temperature to kill bacteria and use a food thermometer.
- Cover, stir, rotate and observe standing times when cooking in a microwave oven.
- Reheat leftovers thoroughly-liquids likes soups, stews to a rolling boil; - solids like casseroles – to at least 165 °F.



To sanitize:
1 tsp chlorine bleach per quart
of water; let air-dry



When eating out...

- Observe your surroundings.
- Order meat, poultry, fish and eggs well done.
- If food arrives undercooked, send it back.
- Don't eat raw seafood and shellfish or even products that are only lightly steamed.



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