

Hither & Thither

104th Area Support Group Safety Office, Volume 4, January 2003

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Making Your Home a Safer Place

By Gary W. Helmer

For children, the world is a constant source of new things to explore, discover and experience. Children's natural curiosity and fearlessness are also what lead children into dangerous and potentially deadly situations. What's a parent to do? The best advice is to be prepared. Try to eliminate or minimize potential hazards around the home that could injure your child.

Fire Safety Basics

With your help, even the youngest children can learn the basics of fire safety. Many children hide instinctively from smoke and flames and even from firefighters who may look like "monsters" in their uniforms.

It's also important for you and your family to develop a fire-escape plan. Your plan should include at least two exits from every room, in case smoke or

flames block one exit. Make sure everyone knows how to open windows, dead bolts and locks. Practice your escape plan with your family at least twice a year. Listed here are some fire safety basics children and family members should know.

- Touch doors before opening. A hot door means there's fire on the other side.
- Crawl low under the smoke where the air is safer. Practice this exercise with children by crawling on the floor while holding a sheet two feet above ground.
- Signal rescuers from a window using a light-colored cloth or flashlight.
- Place towels or sheets above and at the bottom of doors to help keep the smoke out.

An important technique every family member should know is: "Stop, Drop, and Roll," a technique used to extinguish flames if your clothes catch on fire.

- *Stop* where you are.
- *Drop* to the ground.
- *Roll* over, covering face and hands.

Install smoke detectors on every level of your house and outside every sleeping area. Remember to test detectors and replace batteries annually. Smoke detectors should be replaced every 10 years.

Install carbon monoxide detectors near every sleeping area if you have any fuel burning appliances or a fire place.

Place fire extinguishers in kitchen, garage, workshop or

other locations that may be prone to fires.

Firearm Safety in the Home

It's important to teach your children the difference between a real gun and a toy gun. Also, most children don't know when a gun is loaded. Even if you don't have a gun, it is likely there are guns in the homes of your children's friends. All too often, children find loaded guns. Protecting them from guns involves more than practicing gun safety in your home. Remind them about the dangers of guns and to tell you or another adult if they see a gun while playing.

- Store guns unloaded in a locked area. Keep the key hidden.
- Secure guns with a barrel or trigger lock. Keep the key hidden.
- Store ammunition separately from guns. Keep the key hidden.

Water Safety

It's important to teach children how to swim as early as possible. The following tips can help you keep them safe in the water and safe from water hazards at home.

- Make sure children know how to swim.
- Check with your local Red Cross, YMCA or other community swimming classes. The American Red Cross, YMCA, or other reputable organizations should certify instructors.
- You may also want to consider taking a

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Cardiopulmonary Resuscitation (CPR) course.

- Make sure children wear personal flotation devices approved by the U.S. Coast Guard.
- Air-filled toys, mattresses or swimming aids won't provide them with the proper life support.
- Provide adult supervision when children are swimming.
- Install toilet bowl cover locks or latches.
- Never leave children unattended in bath tubs and baby tubs.
- Empty all buckets and pails after use.
- Empty and store wading pools.
- Enclose hot tub or spa areas.
- Install a rigid, locking cover on hot tubs or spas.
- Cover hot tub and pool drains with safety covers. The force of the suction could pull and trap your child under the water.
- Enclose swimming pools with at least a four-foot fence (install self-latching gates out of children's reach).
- Keep a long rescue pole and life rings or tubes near your pool.
- Lock gates, doors, and windows leading to the pool.
- Install a pool alarm that will alert you if someone falls into the pool.

Preventing Suffocation, Strangulation, and Choking

Bedclothes, bedding, thin plastic and being trapped in a confined space are the most common causes of suffocation among children. Avoid putting infants in an adult's bed or on waterbeds, futon mattresses, fluffy pillows or bean bag chairs. Infants can roll over and suffocate face down in

the depressions their bodies make.

- Crib mattresses should fit tightly and be well supported. (If you can fit two fingers between the mattress and the crib, the mattress is too small).
- Crib slats on headboards should be less than 2 3/8 inches to help prevent an infant's head from becoming trapped between slats.
- Fasten bumper pads to the crib. Strings should be short enough to avoid becoming wrapped around an infant's neck.
- Avoid using plastic bags over crib mattresses.
- Keep all toys with strings away from the crib.
- Remove necklaces and other jewelry before putting infants in their cribs.
- Keep cribs away from dangling window shades or drapery cords.
- Pin-up window shades and drapery cords. Cut out the bottom of looped cords to prevent infants from becoming entangled in the cord.
- Never put wall hangings such as pictures, mirrors, or tapestries above cribs or beds.
- Keep all pillows, large plush toys and beanbags out of cribs.
- Keep gyms and mobiles out of cribs.
- Keep the drop-side of mesh playpens raised.
- Buy toy chests with removable lids and ventilation holes.
- Buy safety gates that have a straight top and bottom edge; a child's head can get trapped in older V-type gates.
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Household Safety

Keep children safe around the house by following these precautions.

Electrical

- Unplug appliances after use and store them out of children's reach.
- Install self-closing electrical outlets that shut off when the plug is pulled.
- Install ground fault circuit interrupters (GFCI) in bathrooms. GFCI shut off power if something goes wrong with the electrical system.
- Install tagged shut-off for gas, oil, water and main electrical supplies to know how to turn them off in an emergency.
- Teach children to keep electrical appliances away from water.

Kitchen

- Store knives and sharp tools out of children's reach.
- Use safety latches on cabinets and drawers.
- Turn pot handles inward and use back burners for cooking.
- Keep foil and plastic wrap boxes out of reach. The sharp edges can cut skin and plastic film can be inhaled.
- Keep garbage under the sink in a container with a secure lid.

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- Keep your First Aid Kit updated and well stocked.
- Show children how to use the microwave before allowing them to use it alone.
- Show children how to remove pan lids to avoid steam burns.

Plants

- Keep children away from plants. Many plants are poisonous and can cause severe reaction if ingested.
- Use covers in pots to prevent playing in the soil. Soil can get in the child's eyes and the child may ingest. Also, makes a big mess.

Pets

Consider the pet before purchase.

- Type – dog, cat, snake, hamster, or whatever? Must fit the situation.
- Temperament – many dogs and cats cannot tolerate children.
- Allergies – many children are preordained with allergies but also develop or get worse when around animals. Some animals are outright poison.
- Hygiene – pets are just dirty – period!

Slips, Trips, and Falls

- Avoid leaving infants alone on a changing table. Changing tables should have a two-inch edge.
- Keep infant seats off of tables, chairs or counters.
- Use infant seats with a wide, stable base.
- Lock high-chair trays. Look for chairs with easy-to-use safety straps and a crotch strap.

- Use safety gates at the top and bottom of all stairs.
- Install handrails on stairs.
- Use plastic guards on stair or deck railings to keep children from falling through or getting their heads caught between the railings.
- Keep stairs free of toys and objects.
- Use throw rugs with rubber backing.
- Use rubber mats or no-skid decals in the tub. Install grab-bars in showers and tubs.
- Secure furniture against the walls to prevent furniture from falling over on children.
- Use foam or other padding on sharp corners of furniture.
- Keep beds or other furniture away from windows.
- Install easy-to-detach window guards in infants and children's rooms.
- Keep stairs free of toys and objects.
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- Use rubber mats or no-skid decals in the tub. Install grab-bars in showers and tubs.
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Recreation Safety

- Check fences and playground equipment for loose screws or bolts.
- Anchor playground equipment away from fences, walls or obstructions.

- Put wood chips or sawdust under equipment to help absorb falls.
- Keep children indoors when you're mowing the yard. Also, keep them off of riding mowers.
- Check your yard for snakes, ants and thorny poisonous plants.
- Keep children off the lawn at least 48 hours after spraying pesticides.

Insist that children wear helmets when riding. Helmets should meet the American National Standards Institute (ANSI) safety standards. Check the helmet labels for certifications.

Insist that children wear pads and guards when skating or skateboarding.

For a properly fitted bike your child should be able to sit on the seat with hands on the handlebars and the balls of both feet on the ground. Children under age 10 should have bikes with foot brakes. Additionally:

- Put reflective material on bikes, helmets and clothing.
- Children should ride on the right side of the road, with traffic.
- Never skate or skateboard in the street. Skate in approved areas only.

Home Alone

Keeping children safe at home when they're alone, at the playground or on the way to school isn't as easy as childproofing your home. It's important to teach them how to keep themselves safe. Children should be at least 11 years old before staying home alone. If your kids must stay at home alone, install security locks and

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an alarm system and show them how to use these security devices. It's also important for them to understand the following safety rules.

- To never tell anyone they're alone.
- Keep house keys out of sight. Keys should be tucked inside clothing, or pinned to a belt.
- Call the police or go to a neighbor's house if they find the door open or the house broken into.
- Double-lock doors as soon as they arrive home.
- Have delivery persons leave packages outside.
- Tell strangers who call that "mom and dad are busy" and to take a message.
- Call you, a neighbor, or police if they have a problem.
- Never talk to, or accept rides or gifts from strangers.

A stranger is anyone they don't know, even if that person is well dressed, kind, and friendly. Strangers can identify your child's name by seeing it on the outside of a book bag, or by hearing someone call your child by name. Nametags should be placed inside clothing or other possessions. Set up a family "password" that only family members know.

- Use the buddy system for walking to school. Walk only on well-lighted streets.
- Stay away from isolated areas.
- Use the "No, Go, and Tell" system if someone tries to lure them away:
 - *No*, means don't go with strangers.
 - *Go*, means run away if trouble starts.

- *Tell*, means it's okay to tell an adult.

In Case of an Emergency

All children should know how to call for help in an emergency. Teach them to call only if they or someone they know is hurt, sick or in danger. Making the call:

- Stay calm, don't cry.
- Tell the dispatcher what happened, and give the dispatcher their name and address.
 - Hang up when the operator says to.

Practice emergency situations by disconnecting the phone and playing "let's pretend" with your kids. During these practice emergencies, they should be able to know their full names, home address, phone number, both parents' full names, both parents' office phone numbers.

Remember to post the following numbers by each phone: police, fire department, yours and your spouses work numbers, and the numbers of friends and relatives.

First Aid

Know basic first aid and child cardio pulmonary resuscitation (CPR). Ensure that your first aid kit is kept adequately supplied. Replenish any items used as soon as possible. Make sure that items with time restrictions are also properly replaced.

- One roll of absorbent cotton
- Antihistamine for allergic reactions
- Povidone-iodine antiseptic solution

- Aspirin (for adult use only) and acetaminophen and ibuprofen (in child and adult dosages)
- 1-inch wide adhesive tape
- Bacitracin ointment to treat cuts, scrapes, or puncture wounds
- Bandages in various sizes
- Bar of soap
- Butterfly bandages and thin adhesive strips to hold skin edges together
- Calamine lotion
- Cold pack
- Mouthpiece for protection when performing mouth-to-mouth resuscitation
- Cotton-tipped swabs
- Syrup of ipecac to induce vomit
- Elastic bandage or wrap
- Eyedropper for irrigating
- Flashlight
- 4-inch x 4-inch gauze pads
- Disposable surgical gloves
- Matches
- Saline eye drops
- Scissors
- Safety pins
- Sewing needle to help remove a splinter
- Four packets of sugar in a sealed plastic bag to use in case of low blood sugar (for diabetics)
- Thermometer
- Two triangular pieces of cloth to use as slings or to cut up as bandages or straps
- Tweezers

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The Unwelcome Dinner Guest: Preventing Food-Borne Illness

*The United States Food and Drug Administration
(Reprint)*

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"It must be something I ate," is often the explanation people give for a bout of home-grown "Montezuma's Revenge" (acute diarrhea) or some other unwelcome gastrointestinal upset.

Despite the fact that America's food supply is the safest in the world, the unappetizing truth is that what we eat can very well be the vehicle for food-borne illnesses that can cause a variety of unpleasant symptoms and may be life-threatening to the less healthy among us. Seventy-six of million cases of food-borne diarrheal disease occur in the United States every year.

The Food and Drug Administration has given high priority to combating microbial contamination of the food supply. But the agency can't do the job alone.

Consumers have a part to play, especially when it comes to following safe food handling practices in the home.

The prime causes of food-borne illness include bacteria, parasites and viruses such as: Escherichia coli O157:H7, Campylobacter jejuni, Salmonella, Staphylococcus aureus, Listeria monocytogenes, Clostridium perfringens, Vibrio parahaemolyticus, Vibrio vulnificus, Shigella, Giardia lamblia, Cyclospora cayetanensis,

Cryptosporidium parvum, hepatitis A virus, and Norwalk and Norwalk-like virus.

These organisms can become unwelcome guests at the dinner table. They're in a wide range of foods, including meat, milk and other dairy products, spices, chocolate, seafood, and even water.

Unpasteurized fruit and vegetable juices and ciders; foods made with raw or undercooked eggs; chicken, tuna, potato and macaroni salads; and cream-filled pastries harboring these pathogens also have been implicated in food-borne illnesses, as has fresh produce.

Poultry is the food most often contaminated with disease-causing organisms. It's been estimated that 60 percent or more of raw poultry sold at retail probably carries some disease-causing bacteria.

Bacteria such as Listeria monocytogenes, Vibrio vulnificus, Vibrio parahaemolyticus and Salmonella have been found in raw seafood. Oysters, clams, mussels, scallops, and cockles may be contaminated with hepatitis A virus.

Careless food handling sets the stage for the growth of disease-causing "bugs." For example, hot or cold foods left standing too long at

room temperature provide an ideal climate for bacteria to grow. Improper cooking also plays a role in food-borne illness.

Foods may be cross-contaminated when cutting boards and kitchen tools that have been used to prepare a contaminated food, such as raw chicken, are not cleaned before being used for another food such as vegetables.

Symptoms

Common symptoms of food-borne illness include diarrhea, abdominal cramping, fever, sometimes blood or pus in the stools, headache, vomiting, and severe exhaustion. However, symptoms will vary according to the type of bacteria and by the amount of contaminants eaten. In rare instances, symptoms may come on as early as a half hour after eating the contaminated food but they typically do not develop for several days or weeks. Symptoms of viral or parasitic illnesses may not appear for several weeks after exposure. Symptoms usually last only a day or two, but in some cases can persist a week to 10 days. For most healthy people, food-borne illnesses are neither long-lasting nor life-threatening. However, they can be severe in the very young, the very old, and people with certain diseases and conditions.

These conditions include:

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- liver disease, either from excessive alcohol use, viral hepatitis, or other causes
- hemochromatosis, an iron disorder
- diabetes
- stomach problems, including previous stomach surgery and low stomach acid (for example, from antacid use)
- cancer
- immune disorder, including HIV infection
- long-term steroid use, as for asthma and arthritis.

When symptoms are severe, the victim should see a doctor or get emergency help. This is especially important for those who are most vulnerable. For mild cases of food poisoning, liquid intake should be maintained to replace fluids lost through vomiting and diarrhea.

Prevention Tips

The idea that the food on the dinner table can make someone sick may be disturbing, but there are many steps you can take to protect your families and dinner guests. It's just a matter of following basic rules of food safety.

Prevention of food poisoning starts with your trip to the supermarket. Pick up your packaged and canned foods first. Don't buy food in cans that are bulging or dented or in jars that are cracked or have loose or bulging lids. Look for any expiration dates on the labels and

never buy outdated food. Likewise, check the "use by" or "sell by" date on dairy products such as cottage cheese, cream cheese, yogurt, and sour cream and pick the ones that will stay fresh longest in your refrigerator.

If you have a health problem, especially one that may have impaired your immune system, don't eat raw shellfish and use only pasteurized milk and cheese, and pasteurized or concentrated ciders and juices.

Choose eggs that are refrigerated in the store. Before putting them in your cart, open the carton and make sure that the eggs are clean and none are cracked.

Select frozen foods and perishables such as meat, poultry or fish last. Always put these products in separate plastic bags so that drippings don't contaminate other foods in your shopping cart.

Don't buy frozen seafood if the packages are open, torn or crushed on the edges. Avoid packages that are above the frost line in the store's freezer. If the package cover is transparent, look for signs of frost or ice crystals. This could mean that the fish has either been stored for a long time or thawed and refrozen.

Check for cleanliness at the meat or fish counter and the salad bar. For instance,

cooked shrimp lying on the same bed of ice as raw fish could become contaminated.

When shopping for shellfish, buy from markets that get their supplies from state-approved sources; stay clear of vendors who sell shellfish from roadside stands or the back of a truck. And if you're planning to harvest your own shellfish, heed posted warnings about the safety of the water.

Take an ice chest along to keep frozen and perishable foods cold if it will take more than an hour to get your groceries home.

Safe Storage

The first rule of food storage in the home is to refrigerate or freeze perishables right away. Refrigerator temperature should be 5 degrees Celsius (41 degrees Fahrenheit), and the freezer should be -18 C (0 F). Check both "fridge" and freezer periodically with a good thermometer.

Poultry and meat heading for the refrigerator may be stored as purchased in the plastic wrap for a day or two. If only part of the meat or poultry is going to be used right away, it can be wrapped loosely for refrigerator storage. Just make sure juices can't escape to contaminate other foods. Wrap tightly foods destined for the freezer. Leftovers should be stored in tight containers. Store eggs

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in their carton in the refrigerator itself rather than on the door, where the temperature is warmer. Seafood should always be kept in the refrigerator or freezer until preparation time.

Don't crowd the refrigerator or freezer so tightly that air can't circulate. Check the leftovers in covered dishes and storage bags daily for spoilage. Anything that looks or smells suspicious should be thrown out.

A sure sign of spoilage is the presence of mold, which can grow even under refrigeration. While not a major health threat, mold can make food unappetizing.

Most moldy foods should be thrown out. But you might be able to save molding hard cheeses, salami, and firm fruits and vegetables if you cut out not only the mold but a large area around it. Cutting the larger area around the mold is important because the poisons that cause mold to form are found under the surface of the food.

Many items besides fresh meats, vegetables, and dairy products need to be kept cold. For instance, mayonnaise and ketchup should go in the refrigerator after opening. Always check the labels on cans or jars to determine how the contents should be stored. If you've neglected to refrigerate

items, it's usually best to throw them out.

For foods that can be stored at room temperature, some precautions will help make sure they remain safe. Potatoes and onions should not be stored under the sink, because leakage from the pipes can damage the food. Potatoes don't belong in the refrigerator either. Store them in a cool, dry place. Don't store foods near household cleaning products and chemicals.

Check canned goods to see whether any are sticky on the outside. This may indicate a leak. Newly purchased cans that appear to be leaking should be returned to the store, which should notify FDA.

Keep It Clean

The first cardinal rule of safe food preparation in the home is: Keep everything clean.

The cleanliness rule applies to the areas where food is prepared and, most importantly, to the cook. Wash hands with warm water and soap for at least 20 seconds before starting to prepare a meal and after handling raw meat or poultry. Cover long hair with a net or scarf, and be sure that any open sores or cuts on the hands are completely covered. If the sore or cut is infected, stay out of the kitchen.

Keep the work area clean and uncluttered. Wash countertops with a solution of 5 milliliters (1 teaspoon) chlorine bleach to about 1 liter (1 quart) of water or with a commercial kitchen cleaning agent diluted according to product directions. They're the most effective at getting rid of bacteria.

Also, be sure to keep dishcloths and sponges clean because, when wet, these materials harbor bacteria and may promote their growth. Wash dishcloths and sponges weekly in the washing machine in hot water.

While you're at it, sanitize the kitchen sink drain periodically by pouring down the sink a solution of 5 milliliters bleach to 1 liter water or a commercial cleaning agent. Food particles get trapped in the drain and disposal and, along with moistness, create an ideal environment for bacterial growth.

Use smooth cutting boards made of hard maple or plastic and free of cracks and crevices. Avoid boards made of soft, porous materials. Wash cutting boards with hot water, soap, and a scrub brush. Then, sanitize them in an automatic dishwasher or by rinsing with a solution of 5 milliliters chlorine bleach to about 1 liter of water.

Always wash and sanitize cutting boards after using

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them for raw foods, such as seafood or chicken, and before using them for ready-to-eat foods. Consider using one cutting board only for foods that will be cooked, such as raw fish, and another only for ready-to-eat foods, such as bread, fresh fruit, and cooked fish.

Always use clean utensils and wash them between cutting different foods.

Wash the lids of canned foods before opening to keep dirt from getting into the food. Also, clean the blade of the can opener after each use. Food processors and meat grinders should be taken apart and cleaned as soon as possible after they are used.

Do not put cooked meat on an unwashed plate or platter that has held raw meat.

Wash fresh fruits and vegetables thoroughly, rinsing in warm water. Don't use soap or other detergents. If necessary--and appropriate--use a small scrub brush to remove surface dirt.

Keep Temperature Right

The second cardinal rule of home food preparation is: Keep hot foods hot and cold foods cold.

Use a thermometer to ensure that meats are completely cooked. Use a thermometer with a small-diameter stem. Insert the thermometer 1 to 2 inches

into the center of the food and wait 30 seconds to ensure an accurate measurement. For instance, beef, lamb, and pork should be cooked to at least 71 C (160 F); whole poultry and thighs to 82 C (180 F); poultry breasts to 77 C (170 F); ground chicken or turkey to 74 C (165 F). Don't eat poultry that is pink inside.

Eggs should be cooked until the white and the yolk are firm. Avoid foods containing raw eggs, such as homemade ice cream, mayonnaise, eggnog, cookie dough, and cake batter, because they carry a Salmonella risk. Their commercial counterparts usually don't because they're made with pasteurized eggs. Cooking the egg-containing product to an internal temperature of at least 71 C (160 F) will kill the bacteria.

Seafood should be thoroughly cooked. FDA's 1999 Food Code recommends cooking most seafood to an internal temperature of 63 C (145 F) for 15 seconds. If you don't have a meat thermometer, look for other signs of doneness. For example:

- Fish is done when the thickest part becomes opaque and the fish flakes easily when poked with a fork.
- Shrimp can be simmered 3 to 5 minutes or until the shells turn red.

- Clams and mussels are steamed over boiling water until the shells open (5 to 10 minutes). Then boil 3 to 5 minutes longer.
- Oysters should be sautéed, baked or boiled until plump, about 5 minutes.

Protect food from cross-contamination after cooking, and eat it promptly.

Cooked foods should not be left standing on the table or kitchen counter for more than two hours. Disease-causing bacteria grow in temperatures between 4 and 60 C (40 and 140 F). Cooked foods that have been in this temperature range for more than two hours should not be eaten. If a dish is to be served hot, get it from the stove to the table as quickly as possible. Reheated foods should be brought to a temperature of at least 74 C (165 F). Keep cold foods in the refrigerator or on a bed of ice until serving. This rule is particularly important to remember in the summer months.

After the meal, leftovers should be refrigerated as soon as possible. (Never mind that scintillating dinner table conversation!) Meats should be cut in slices of three inches or less and all foods should be stored in small, shallow containers to hasten cooling. Be sure to remove all the stuffing from roast turkey or chicken and store it separately. Giblets

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should also be stored separately. Leftovers should be used within three days.

And here are just a few more parting tips to keep your favorite dishes safe. Don't thaw meat and other frozen foods at room temperature. Instead, move them from the freezer to the refrigerator for a day or two; or defrost submerged in cold water flowing fast enough to break up and float off loose particles in an overflow; in the microwave oven, or during the cooking process. Never taste any food that looks or smells "off," or comes out of leaking, bulging or severely damaged cans or jars with leaky lids.

Though all these do's and don'ts may seem overwhelming, remember, if you want to stay healthy, when it comes to food safety, the old saying "rules are made to be broken" does not apply!

Ten Tips for Food Safety

Women's World 2002 (Reprint)

- After shopping, store chilled and frozen food immediately in the fridge or freezer.
- Prepare and store raw and cooked food separately in the fridge, keeping raw meat and fish at the bottom.
- Keep all food in the fridge covered, either in wrapping, in jars or covered with cling film.

- Check 'use-by' dates and use food within the recommended period.

- Keep your kitchen clean.

Clean all worktops, chopping boards and other utensils between handling food to be cooked and food which is not.

- Change tea towels and dish cloths often; keep dish cloths right away from the food area.

- Always wash your hands thoroughly before preparing food, after going to the toilet or after handling pets.

- Cook meat thoroughly until the juices run clear. Follow the instructions on the pack. When re-heating food, make sure it is piping hot.

- Never eat chicken that is not properly cooked and par-cook chicken that is going to be barbecued.

- Keep hot foods hot and cold foods cold – don't just leave them standing around.

- Do not eat food containing uncooked eggs. Keep eggs in the fridge.

- Keep pets away from the food preparation area, dishes and worktops.

Related Websites

United States Food and Drug Administration
www.fda.gov

Consumer Information
www.pueblo.gsa.gov

Health Topics A to Z
<http://www.cdc.gov/health/diseases.htm>

An On-Line Handbook for Child Care Providers
<http://www.cdc.gov/ncidod/hip/abc/abc.htm>

Bicycle Helmets

<http://www.cdc.gov/ncipc/bike/helmets.htm>

Centers for Disease Control
Child Care Health and Safety
Action Plan

<http://www.cdc.gov/ncidod/publications/daycare/contents.htm>

Child Passenger Safety Fact Sheet

<http://www.cdc.gov/ncipc/factsheets/childpas.htm>

A Bibliography of Articles on Dog Bites

<http://www.cdc.gov/ncipc/diip/dogbites.htm>

Centers for Disease Control
Childhood Lead Poisoning
Prevention Program

<http://www.cdc.gov/nceh/lead/lead.htm>

Playground Injuries

<http://www.cdc.gov/ncipc/factsheets/playgr.htm>

Health Topic: Swimming Pool Safety

<http://www.cdc.gov/health/psafety.htm>

Child Passenger Safety

<http://www.cdc.gov/safeusa/move/childpassenger.htm>

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<http://www.atalink.co.uk/www/html/p269.htm>

A Parting Thought

"Good safety habits protect you and yours." --Unknown