



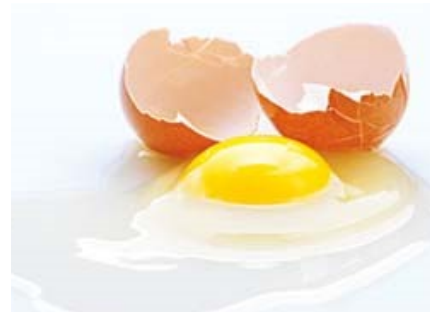
Foodborne Illness

Foodborne illness can be prevented by being aware of the hazards associated with foods and proper food preparation. Pay attention to foods you are eating, preparing and buying.

An important part of prevention of foodborne illness is washing hands, surfaces and changing utensils between dishes. These all help to stop the spread of germs and bacteria.

Ways to Avoid Foodborne Illness

- Wash hands before and after preparation with warm, soapy water for 20 seconds
- Thaw food in the refrigerator
- Use more than one cutting board to segregate possible contaminants
- Use all left overs in 3 to 5 days
- Cook foods thoroughly
- Be aware of expiration dates
- Don't buy damaged packages or cans
- Wear gloves if you have any kind of irritation or injury



Resources

[FDA: Foodborne Illness](#)

[US Food Safety & Inspection Service](#)

Foods to Avoid For

Immunocompromised Individuals

- Raw/Undercooked meats
- Raw fish, partially cooked seafood
- Raw shellfish and their juices
- Soft cheeses from non-pasteurized milk
- Raw/Undercooked eggs or foods containing them
- Unpasteurized milk products
- Hot dogs, lunchmeats, fermented/dry sausage
- Raw sprouts (Bean, alfalfa, etc.)
- Salads from a deli (chicken salad, seafood salad etc.)

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Don't learn safety by accident