

Environmental Health and Safety

September 2015



Food Safety

The three main causes of foodborne illness are: Improper temperatures, poor personal hygiene, and cross contamination of food.

An estimated 3,000 people die each year from foodborne diseases.

Sit-down style restaurants were responsible for 60% of foodborne illness outbreaks from 2011 to 2012.

In 2008 alone, 23,000 people were sick from foodborne illness outbreaks, 1,200 people were hospitalized, and 22 people died.

Salmonella is the top pathogen that leads to death from foodborne diseases.



Each year, thousands of people are afflicted by foodborne illnesses. Foodborne illness, also called food poisoning, is caused by contamination of food from bacteria, toxins, parasites, or viruses. Common symptoms of food poisoning include nausea, vomiting, and diarrhea. Other symptoms include dehydration, headaches, and abdominal pain.

In order to avoid illness from contaminated food, it is crucial to practice proper food safety. This can be done by following these simple steps: Sanitize hands and cooking utensils; Keep raw food separate from ready-to-eat food to prevent cross contamination; Heat food cooked to a safe temperature and store food at a safe refrigerated temperature.

The following facts and tips will help you to prepare food safely, so that you and others are protected from food poisoning.

How to Avoid Foodborne Illness

- Wash hands, countertops, and all cooking utensils.
- Keep raw meat, poultry, and fish separate from ready-to-eat foods (Use separate utensils).
- Always use a food thermometer to ensure food is cooked to a safe internal temperature:
 - 165°F for all poultry
 - 160°F for all ground meats
 - 145°F for all whole meats
- Refrigerate food at 40°F or below.
- Report suspected food illness to the local health department.
- Don't prepare food for others if you are sick.
- Extra care is required when preparing food for children, pregnant women, the elderly, and those in poor health.

What to Do If You Get Food Poisoning

If you get sick from foodborne illness, take the following steps in order to treat the symptoms:

- **Control Nausea and Vomiting**
 - Sip water
 - Eat small amounts of light food (bananas, bread, rice)
- **Prevent Dehydration**
 - Continuously drink water in small sips
- **Call a Doctor**
 - If symptoms last longer than 3 days
 - If you develop a fever
 - Vomit/diarrhea contains blood



Resources

[Food Safety.gov: Your Gateway to Federal Food Safety Information](https://www.foodsafety.gov/)

[CDC: Food Safety Education](https://www.cdc.gov/foodsafety/education/)

[Foodborne Disease Outbreaks: What You Can Do to Avoid Them](https://www.cdc.gov/foodsafety/education/foodborne-disease-outbreaks-what-you-can-do-to-avoid-them/)

[Clark County Public Health](https://www.clarkcountypublichealth.org/)

[Multnomah County Health Department](https://www.multnomahcountyhealth.org/)

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Don't learn safety by accident