

Prevent E. coli and other Food borne illnesses

Central Ohio public health officials offer the following recommendations to help you and your family prevent an unpleasant and possibly serious case of diarrhea from E. coli and other food borne and waterborne illnesses:

- Wash your hands often, especially after using the bathroom or changing diapers as well as before you eat. Also wash your hands before you prepare food and after you handle raw meat.
- Cook ground beef to 160° F. Test the temperature by inserting a food thermometer in the thickest part of the meat. Do not eat a burger that is still pink in the middle.
- If a restaurant serves you an undercooked hamburger, send it back for more cooking. Ask for a new bun and a clean plate, too.
- Don't spread bacteria in your kitchen. Keep raw meat away from other foods. Wash your hands, cutting board, counter, dishes, and knives and forks with hot soapy water after they touch raw meat.
- Never put cooked hamburgers or meat back on the plate they were on before cooking.
- Wash the meat thermometer after use.
- Drink only pasteurized milk, juice, or cider. Frozen juice or juice sold in boxes and glass jars at room temperature has been pasteurized, although it may not say so on the label.
- Wash all fruits and vegetables prior to eating them.
- Drink water from safe sources such as municipal water that has been treated with chlorine, wells that have been tested, or bottled water.
- Do not swallow water from a lake, stream, swimming pool, or hot tub.
- Wash your hands after touching animals.

For additional information:

www.myfdh.org

www.cec.gov/ecoli

www.fightbac.org

or call the Fairfield Department of Health 740-653-4489