

# Preventing Foodborne Illness in Young Children

## What is foodborne illness?

Foodborne illness or “food poisoning” is any disease caused by food that you eat or beverages you drink.

## Why are young children so at risk?

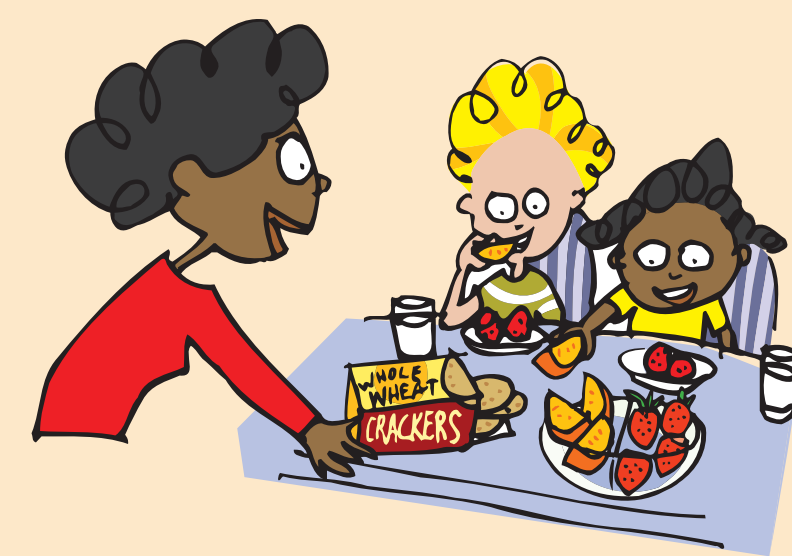
- \* Their immune systems are not fully developed.
- \* They weigh less than an adult so it does not take as many germs or as much toxin to make them sick.

## Common symptoms may include:

- \* Diarrhea
- \* Vomiting
- \* Nausea
- \* Abdominal Pain
- \* Fever

## Complications may include:

- \* Severe dehydration
- \* Bloodstream infections
- \* Seizures
- \* Reactive arthritis
- \* Kidney disease (HUS)
- \* Death



## Children under age 5 have high illness rates of:

- \* Norovirus (virus)
- \* *Salmonella* (bacteria)
- \* *Campylobacter* (bacteria)
- \* *Shigella* (bacteria)
- \* *E. coli* 0157 (bacteria)
- \* *Yersinia* (bacteria)
- \* *Cryptosporidium* (parasite)

## Four Steps to Keep Food Safe:

### 1 CLEAN



- Wash hands with running water and soap for at least 20 seconds.
- Rub vigorously and clean around nails.
- Rinse well and dry on a clean paper towel or with a hot air dryer.

- Use hot water and soap to clean counters, food prep surfaces, utensils and equipment or use a dishwasher when possible.
- Sanitize with 1 tablespoon chlorine bleach per gallon of water.



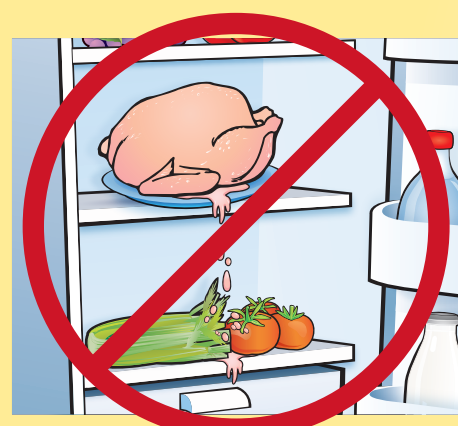
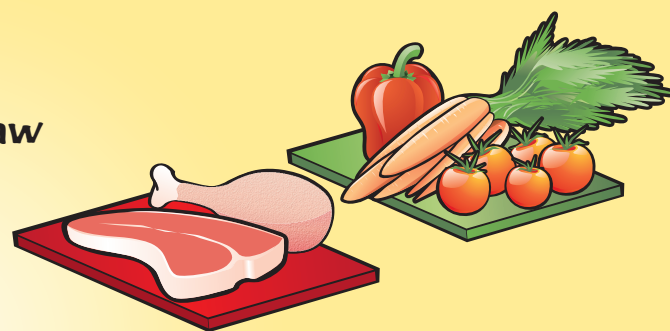
- Wash fresh fruits and veggies with clean running water before you use them and dry with a clean paper towel.

- Wash tops of cans and dry with a clean paper towel.



### 2 SEPARATE

- Use separate cutting boards for raw meats and ready-to-eat foods.



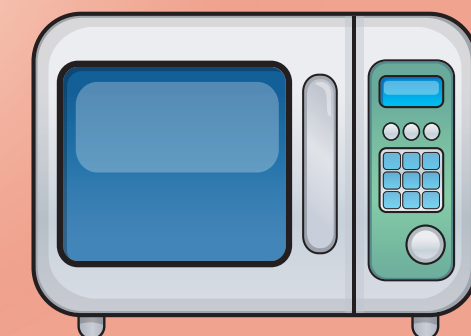
- Don't let raw meat juices drip on other foods.

### 3 COOK

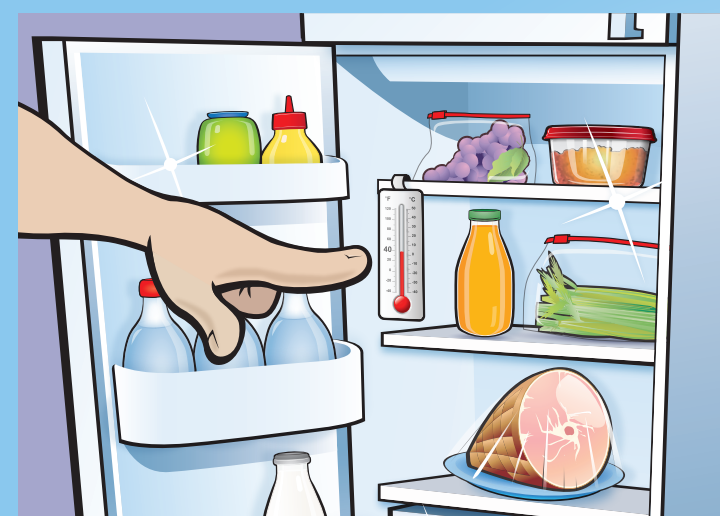


- Always use a food thermometer to make sure foods have reached a safe internal temperature.
- Cook beef, lamb, veal and pork steaks, roasts and chops to at least 145°F and allow to rest 3 minutes before carving or serving.
- Cook ground beef, pork, veal and lamb and egg dishes to at least 160°F. Cook chicken and turkey (whole, pieces or ground) to at least 165°F. Reheat foods to at least 165°F.

- Cover, stir and rotate microwave-cooked foods and cook foods that require time-temperature control for safety to 165°F.



### 4 CHILL



- Refrigerate promptly.
- Use thermometers in refrigerators and freezers.
- Keep refrigerators at 40°F or colder.
- Keep freezers at 0°F or colder.

- Cool foods quickly by placing large pots in ice baths and stirring, stirring with ice paddles or dividing into shallow containers.
- Discard perishable foods that have sat at room temperature for more than 2 hours or 1 hour at temperatures above 90°F.

