

FOOD SAFETY



When you fix that plate of food for yourself, you expect to be nourished, not get sick. The Center for Disease Control estimates that yearly, 1 in 6 Americans get ill from foodborne illnesses. Some are hospitalized, and some die. It's time to re-acquaint yourself with tips to avoid getting sick from the food you eat.

- ⇒ Wash hands and surfaces often.
- ⇒ Separate (in both your grocery cart and in your fridge) meat, poultry, eggs, and seafood. Use plastic bags to keep meat from dripping on other food items and produce.
- ⇒ When you bring your meat out on the grill, don't use the same plate to bring the meat back in on (unless it's washed).
- ⇒ Use separate cutting boards for raw meat and other things like veggies.
- ⇒ Meat and other foods need to be cooked at a high enough heat to kill bacteria. Get a food thermometer and use it.
- ⇒ Cold temps help stop the growth of bacteria. Don't leave your food out after a meal. Get it refrigerated as soon as the meal's over.
- ⇒ Always marinate meat, fish, and poultry in the fridge.
- ⇒ Never defrost at room temperature.
- ⇒ If you love canning, be sure to follow updated guidelines online to prevent botulism.

If you do happen to need medical attention because of a foodborne illness, we hope you'll choose Mille Lacs Health System to come to. Our Emergency Room is open 24/7, and our Urgent Care is open daily from 8 a.m. to 8 p.m.

Symptoms of food poisoning include:

cramping, nausea, vomiting, diarrhea, chills, headache, and fever.

When to get help: If you are dehydrated because you can't keep liquids down; if symptoms last for more than 3 days; if you have a fever, blurry vision, muscle weakness, extreme pain, or severe cramping.

