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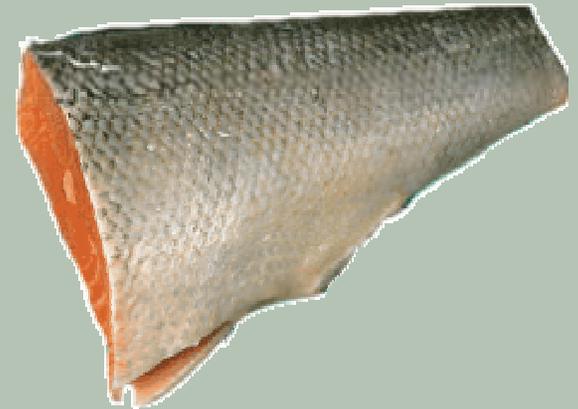
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[HTTP://WWW.CO.LA-CROSSE.WI.US/  
HEALTH/ENVIRONMENTAL/DOCS/  
FOODPROTECT.HTM](http://www.co.la-crosse.wi.us/health/environmental/docs/foodprotect.htm)

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LA CROSSE COUNTY HEALTH DEPARTMENT  
300 4TH STREET NORTH  
LA CROSSE, WI 54601  
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## PREVENTING FOOD POISONING



**WHAT YOU AND YOUR  
FAMILY SHOULD KNOW!**

# FOOD POISONING

Food poisoning is a common term for more than 200 illnesses caused by certain germs. People most seriously affected are infants and elderly individuals.

# CAUSES

One cause of Food Poisoning is STAPHYLOCOCCUS GERMS.

Such germs can cause at least 500,000 illnesses each year. Bacteria may be found in raw food and on healthy food handlers.

Another germ called SALMONELLA is often found in raw chicken and eggs. This illness causes vomiting and diarrhea in one million people each year.

# RULES

## TO LIVE BY

**Cleanliness applies to the equipment and cook. So with that in mind, there are some simple rules to abide by when preparing food.**

1. Wash the surface of all cooking areas and utensils with a mixture of bleach and water before preparation.
2. Wash hands with warm water and soap for at least 20 seconds. Most importantly, if you have any open sores or cuts on the hands, keep them covered.

3. Wash the lids of canned foods and the can opener before opening.
4. Wash fresh fruits and vegetables thoroughly, rinsing in warm water.
5. Use a metal stem thermometer to ensure that meats are completely cooked.
6. Keep hot food hot, and cold food cold. Get hot food to the table as quickly as possible. Reheat leftovers to a temperature of at least 74 C (165 F). Keep cold foods in a refrigerator or surrounded by ice until served.

## Remember

Your local health department can only do so much. The rest is up to you!