



Food Safety & Sanitation

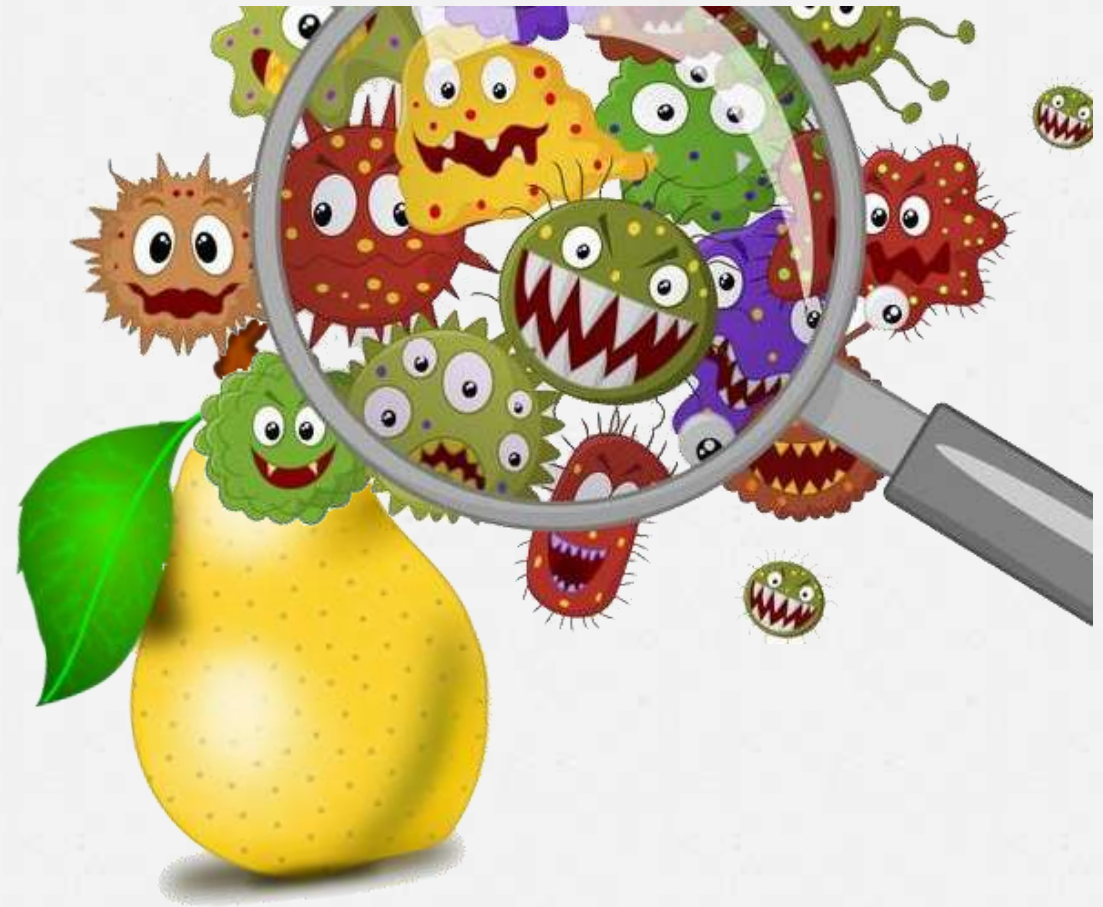
Proper food handling to avoid foodborne illness.

By Gracie Woodland



What is bacteria?

- Bacteria is all around us.
- Bacteria is an organism that is too small to be viewed by the human eye.



Where does bacteria come from?

Bacteria are found everywhere on earth.

Bacteria lives in the water, on plants and animals.

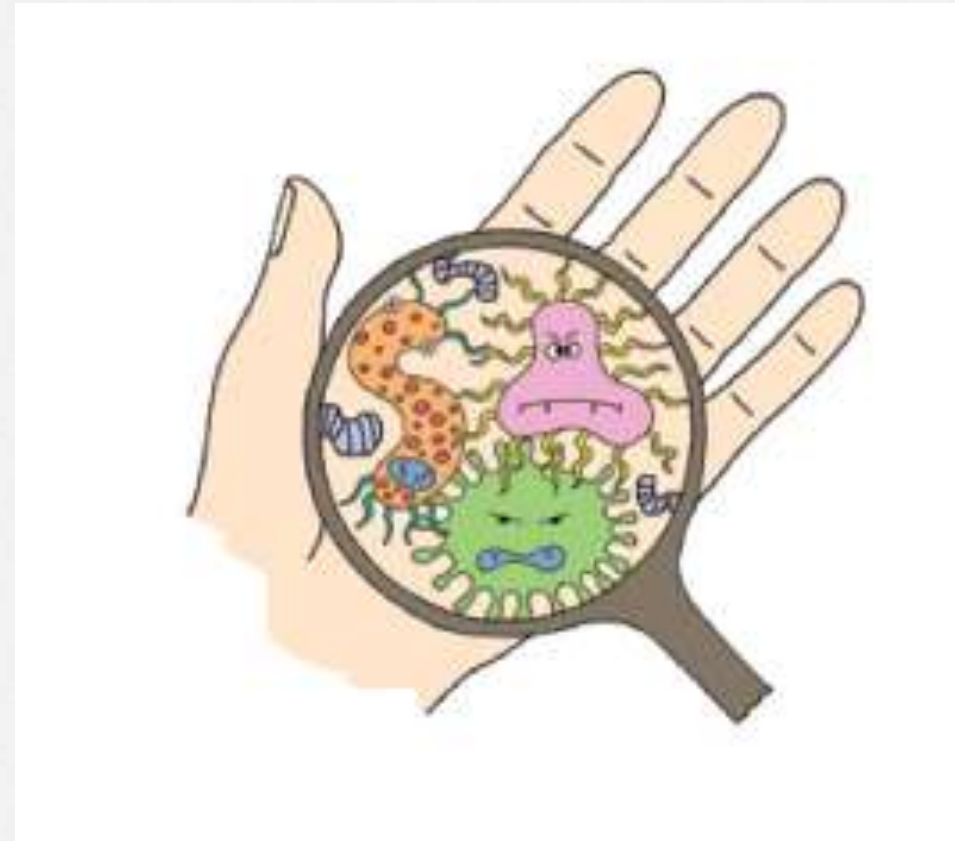
Bacteria also lives in and on our bodies.



Bacteria is very tiny

You cannot see bacteria, but they are all over your body.

If you look at your hand with a magnifying glass, you will see lots of different bacteria. This bacteria can make you sick if you don't wash your hands before handling food.



When should I wash my hands?

Always wash your hands before:

- Cooking and handling food
- Eating
- Handling a baby



Always wash your hands after:

- After using the toilet
- After cleaning a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage

How to wash your hands

- Wet hands and upper arms with warm water.
- Use soap and lather your hands thoroughly.
- Rub the hands together vigorously including the fingernails for 10 to 15 seconds.
- Rinse hands and arms.
- Dry hands with a paper towel.



How do you get foodborne illness?

How many times have you eaten something that made you sick?

- Foodborne illness is caused by eating food that is contaminated with bacteria.
- Always wash your hands before cooking to prevent germs from getting onto the prepared food.



Symptoms of foodborne illness

Symptoms of foodborne illness begin to show after several hours or days.

- Abdominal pain
- Stomach cramps
- Diarrhea
- Vomiting
- Nausea
- Fever



Who is most at risk?

Anyone can get sick from foodborne illness, but certain people are more at risk, such as:

- The elderly
- Infants and children
- Pregnant women
- People who are already ill



When It's Time to See the Doctor

Five symptoms of severe foodborne illness:

- Bloody diarrhea
- Diarrhea for longer than 3 days
- Dehydration
- High Fever above 105°F
- Frequent vomiting

If you have these symptoms, see a doctor right away!



Preventing foodborne illness

- You can prevent foodborne illness when you practice good food safety.
- Always wash your hands before handling any food items.
- Keep your food preparation area clean to kill harmful bacteria.
- Only use safe water for cooking and washing.



Cooking with food safety

- There are certain foods that need to be cooked thoroughly: meat, shellfish, seafood, and poultry.
- When you cook meat and poultry, be sure to cook until the juices run clear.
- Remember to wash all produce with safe water before preparing.



Follow safety rules

- Cross-contamination is when harmful organisms get onto another food item by unsafe handling.
- Make sure to wash dishes and utensils after preparing raw meat.



Cook meat until done.



Bacteria lives on uncooked meats. Remember to cook meat until no longer pink and the juices run clear.

Serving foods

All food needs to be kept at a safe cooled temperature:

- Do not allow food to remain out in the open for over 2 hours.
- Keep food covered to protect from insects and other creatures.
- Keep food out of direct sunshine.
- Prepare only as much food as needed.
- Discard food that is over 5 days old.



Be Food Safe & Stay Healthy



References

Healthwise Staff. (2018, July 30). *Foodborne Illness and Safe Food Handling*. British Columbia, HealthLink BC. <https://www.healthlinkbc.ca/health-topics/te4626>.

Mayo Clinic Staff. (2020). *Foodborne Illness*. Mayo Clinic. <https://www.mayoclinic.org/firstaid/first-aid-food-borne-illness/basics/art-20056689>.

McDonnell, T. (2019, February 21). *A Fatal Public Health Problem In Africa That Flies Under The Radar*, NPR. <https://www.npr.org/sections/goatsandsoda/2019/02/21/696385246/a-fatal-public-health-problem-in-africa-that-flies-under-the-radar>.

World Health Organization, Regional Office for Africa. (2020). *Food Safety*. World Health Organization, Regional Office for Africa. <https://www.afro.who.int/health-topics/food-safety>.

YouLearn Educational Series provides the low literate reader with educational materials in an easy to understand format; developed in cooperation with Texas A&M University School of Public Health, PHLT303, class 2020.

For additional information on healthcare booklets, please contact:
info@youlearnacademies.org – a leader in educational materials for the rural poor since 2014. <https://www.roseacademies.org>



Texas A&M School of Public Health
*Transforming health through interdisciplinary inquiry,
innovative solutions, and development of leaders.*
<https://public-health.tamu.edu>



YouLearn Academies
Educational resources for Low Literate Readers
<https://www.youlearnacademies.org>



Rose Academies
Empowering with Knowledge since 2014
<https://www.roseacademies.org>