

# Food Poisoning Facts

- People get foodborne poisoning when they consume contaminated foods or beverages.
- About 1 in 6 Americans (approximately 48 million) get food poisoning each year.
- About 128,000 Americans are hospitalized due to food poisoning each year.
- About 3,000 Americans die as a result of food poisoning each year.



## Common causes of foodborne outbreaks

- Holding food at wrong temperature
- Poor handwashing
- Failure to cook food thoroughly
- Sick food handlers
- Improper thawing
- Improper cooling
- Improper reheating
- Cross-contamination of foods with other foods or by unclean equipment



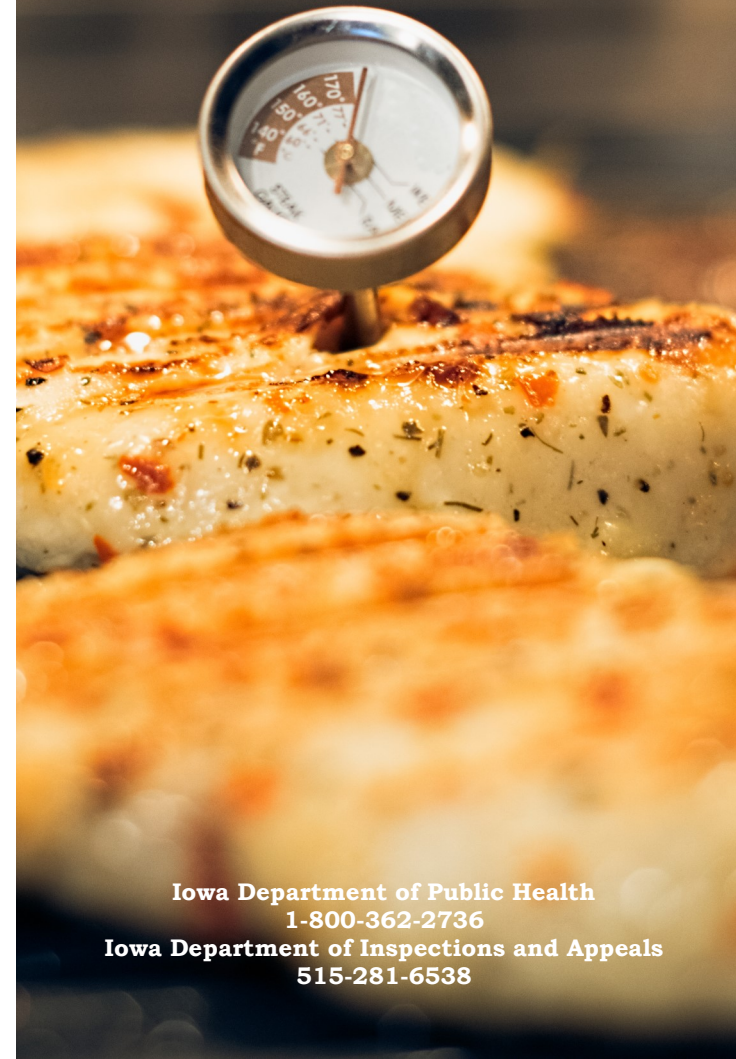
Feeling Queasy?  
Call, it's Easy!  
**844-IowaSic**  
(or your local health department)  
to report food poisoning

### For more information, visit:

Iowa Department of Public Health  
<http://idph.iowa.gov/cade/foodborne-illness>

Centers for Disease Control and Prevention  
<https://www.cdc.gov/foodsafety/keep-food-safe.html>

# Cooking for Your Community



Iowa Department of Public Health  
1-800-362-2736  
Iowa Department of Inspections and Appeals  
515-281-6538

# 4 STEPS TO FOOD SAFETY

## STEP 1 — CLEAN

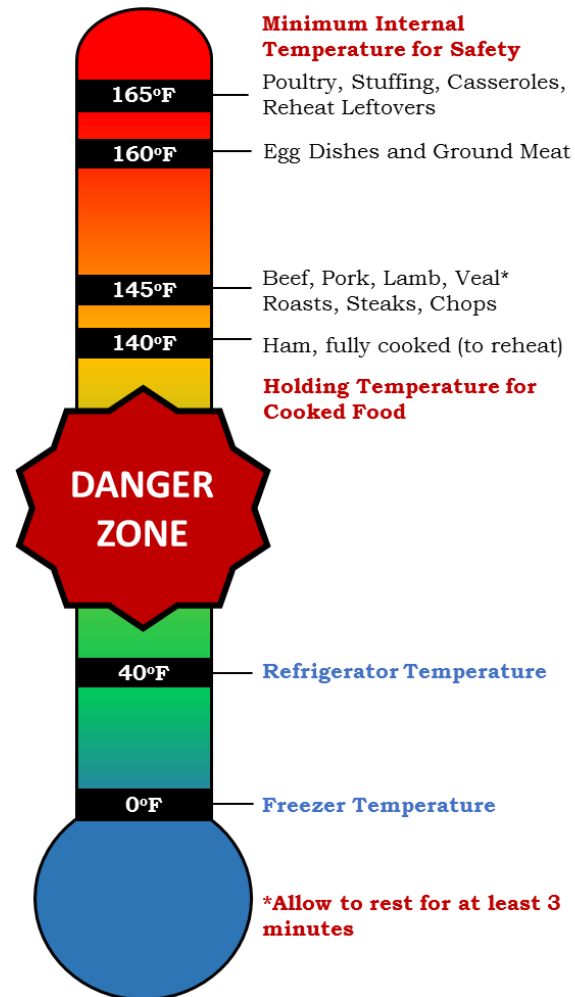
*Wash your hands and surfaces often*

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparation of food and before eating.
- Wash your utensils, cutting boards, and counter tops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.

## STEP 2 — SEPERATE

*Don't cross-contaminate*

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.



Based on an image from USDA-FSIS

**In order to assure food safety, the Iowa Department of Inspection and Appeals can offer advice on food preparation and kitchen cleanliness. Call (515) 281-6538 for a consult prior to your event.**

## STEP 3 — COOK

*To the right temperature*

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature.
- Clean your thermometer thoroughly (before and after) with hot, soapy water.
- Push the pointed end of the thermometer into the thickest part of the food you're cooking.

## STEP 3 — CHILL

*Refrigerate promptly*

- Keep your refrigerator below 40°F and know when to throw food out.
- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave.
- Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.