

Food-borne illness summer threat

Summer is the time of year that outdoor activities increase and, according to the USDA Food Safety and Inspection Service and the Centers for Disease Control and Prevention, so does food-borne illness.

Here are four simple steps to safer food in the summertime.

Wash hands and surfaces often

- Wash your hands with hot, soapy water for 20 seconds before handling food, and after using the bathroom, changing diapers, and handling pets.

- Wash cutting boards, dishes, utensils, and countertops with hot soapy water after preparing raw meat, poultry, and seafood and before going on to the next food.

Don't cross contaminate

- Separate raw meat, poultry, and other perishable foods from ready-to-eat foods.

- Use a separate cutting board/utensils for uncooked meat/poultry and ready-to-eat foods.

- Wash hands thoroughly before and after handling raw meat, poultry, or seafood.

- Always use a clean plate and utensils for cooked meat, poultry, and seafood.

Cook to proper temperatures

- Use a clean food thermometer that measures the internal temperature of cooked foods.

- Ground beef should be cooked to at least 160 degrees F. Steaks should cook to at least 145 degrees F.

- Whole poultry should cook to 180 degrees F, chicken breasts and legs to 170

degrees F.

- Fish should flake easily with a fork.

- Serve hot grilled foods immediately.

Refrigerate promptly

- Food left out of refrigeration for more than 2 hours may not be safe to eat. At 90 degrees food should not be left out over 1 hour.

- To thaw meat for a cookout, take meat or poultry out of the freezer 1-2 nights before you need it and refrigerate. Do not thaw meat and poultry on the kitchen counter.

- When cooling already cooked foods, chill as quickly as possible. Use shallow pans and place on ice or in the freezer for awhile to bring the temperature down quicker before putting into the refrigerator.

- Cold refrigerated perishable foods like luncheon meats, cooked meats, chicken, and potato or pasta salads should be kept in a well insulated cooler packed with several inches of ice, ice packs, or containers of frozen water.

- Take out foods: If you don't plan to eat take-out foods within 2 hours of purchase, plan ahead and chill food in your refrigerator before packing for your outing.

These simple steps will greatly reduce the chances of you or your guest from suffering a food-borne related illness. Remember Clean, Separate, Cook, and Chill. Finally, when in doubt, throw it out. If you have questions or need more information, call the Public Health Flight at 963-6962.

Fourth of July can mean danger on the roads

The Fourth of July holiday can be an enjoyable time, but danger on the roadways is a constant threat. The following are a few clues to look for if you suspect someone is driving under the influence of alcohol:

(Information submitted by 437 AW Safety)

Turning with a wide radius

Straddling center or lane marker

Almost striking object or vehicle

Driving on other than designated roadway

Speed slower than 10 M.P.H. below limit

Stopping without cause or inappropriately

Following too closely

Tires on center or lane marker

Signaling inconsistently with driving actions

Slow response to traffic signals

Turning abruptly or illegally

Accelerating or decelerating rapidly

Driving with headlights off

Braking erratically

Swerving, weaving, or drifting.

