



## *How to Prevent Summer Food Poisoning*

### ***Consumer Reports Offers Tips on Avoiding Foodborne Illness***

Summer is usually a time for fun and gathering with family and friends. As the temperature rises, people tend to enjoy activities such as swimming, hiking, boating, and barbecuing. Preparing and serving food in the warm summer months can increase the risk of foodborne illnesses. “An estimated 48 million Americans, or one in six, get sick from food poisoning each year, many suffering violent vomiting, diarrhea or even death in rare cases.”<sup>1</sup>

A [Consumer Reports article](#) from June 10, 2019 provides an illustration of some people enjoying a barbecue. This website illustration has cursor rollover spots (Red Dots) that popup more topical information about ways to stay safe.

These effective safety measures include the following:

- Wrapping meat before placing it in a cooler or using a separate cooler for meat.
- Keep utensils and platters used for cooking away from cooked foods.
- Cook meat to the correct temperature, use a meat thermometer if available.
- Don't partially cook meat at home to take to a barbecue, as it encourages bacteria growth.
- Do not leave prepared food outside for more than 2 hours if the temperature exceeds 90°F.
- Keep foods refrigerated until you are ready to serve.
- Only buy meat and eggs if they are refrigerated.
- Only buy from vendors who wear disposable gloves to handle food.
- Pick up perishables last when you go to the market.

To learn more, visit the link below:

<sup>1</sup><https://doctorsthatdo.osteopathic.org/1-in-6-suffer-from-food-poisoning-each-summer>

# SafeALERT<sup>SM</sup>



ORCIG 2020 SafeAlert Series

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