



Be Smart, Keep Kids and Poisons Apart

Food Poisoning – Prevention and Treatment Tip sheet

Most cases of food poisoning are preventable. Only 3% of cases are from an unsafe food source. **Keeping your hands clean while working with food is the single most important thing you can do to prevent food poisoning.**

By following the easy tips below, you can keep your family safe from food poisoning.

- Wash your hands before, during and after food preparation.
- Wash hands with soap and warm water for 20 seconds; count one and two and... up to ten or sing the ABC song.
- Wash after touching raw meat, fish or poultry or their juices.
- Wash your hands after every trip to the bathroom or diaper change.
- Wash your hands after petting animals, smoking, blowing your nose or coughing or sneezing into your hand and **always** before handling food.

- Use hot soapy water to wash cutting boards and countertops after food preparation.
- Use a diluted bleach solution to clean cutting boards and countertops after food preparation.
- After handling raw meat, fish or poultry, do not reuse the same utensil or plate.
- Do not use a sponge or dishcloth to clean surfaces that have touched raw meat, fish or poultry. Use soap, water and a disposable paper towel.
- Wash all fruits and vegetables well before eating.
- Cook all food thoroughly.
- Taste food only when it is thoroughly cooked. **Use a clean spoon each time.**

- Keep hot foods hot (140°F or above) and cold foods cold (40°F or below). If food remains at room temperature two hours or longer, it can become toxic and cause food poisoning.
- Refrigerate all leftovers soon after meals.
- Hot food does not have to be cooled before placing it in the refrigerator.
- After shopping, refrigerate food as soon as possible. If thawed, use immediately. Don't refreeze.
- Thaw frozen foods in the refrigerator or the microwave, **never on the countertop.**
- Don't buy or use food from dented, bulging or rusted cans.

Toxic food may or may not smell, taste or look bad. Never taste suspicious foods. Even a tiny amount can cause severe illness. If you have any doubt, throw it out! Don't give possibly spoiled foods to pets, they can get sick too. Dispose of suspected toxic food by placing it down the garbage disposal or wrapping tightly and placing in the trash out of reach of animals.

Is it safe to feed my baby honey?

Infant botulism has been linked to the eating of honey. The United States Center for Disease Control (CDC) suggests that honey should not be given to infants under the age of 6 months. The Honey Industry Council extends that limit to one year of age to be extra safe. Infant botulism is more common in the spring and summer and rare in the winter. Infants between the ages of two to four months are at highest risk.

Symptoms of food poisoning

- Can occur one hour up to several days after eating toxic food
- Nausea, vomiting abdominal cramping and diarrhea and elevated temperature
- Diarrhea can be foul smelling and or bloody

Treatment

- Check with your physician regarding replenishing fluids.
- Avoid medicines that stop diarrhea. It's important for the bacteria causing the symptoms go through the digestive tract as quickly as possible.
- If symptoms become severe or last longer than twenty-four hours, consult your doctor. If a child refuses to drink or eat for six to twelve hours, call your pediatrician.

Call the Rocky Mountain Poison Center anytime night or day.

