Preventing Foodborne Illness in Young Children

What is foodborne illness?

Foodborne Illness or "food poisoning" is any disease caused by food that you eat or beverages you drink.

Why are young children so at risk?

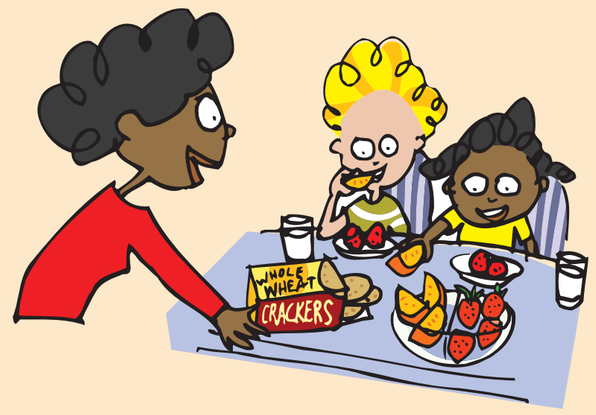
* Their immune systems are not fully developed.
* They weigh less than an adult so it does not take as many germs or as much toxin to make them sick.

Common symptoms may include:

* Diarrhea
* Vomiting
* Nausea
* Abdominal Pain
* Fever

Complications may include:

* Severe dehydration
* Bloodstream infections
* Seizures
* Reactive arthritis
* Kidney disease (HUS)
* Death



Children under age 5 have high illness rates of:

* Norovirus (virus)
* *Salmonella* (bacteria)
* *Campylobacter* (bacteria)
* *Shigella* (bacteria)
* *E. coli* 0157 (bacteria)
* *Yersinia* (bacteria)
* *Cryptosporidium* (parasite)

Four Steps to Keep Food Safe:

1 CLEAN

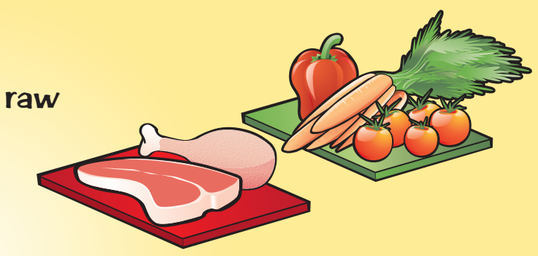
- Wash hands with running water and soap for at least 20 seconds.
- Rub vigorously and clean around nails.
- Rinse well and dry on a clean paper towel or with a hot air dryer.

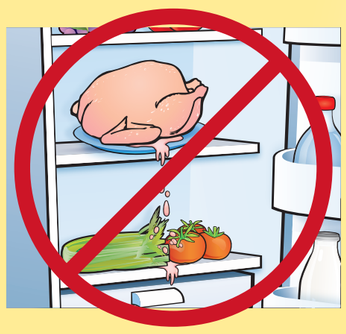
- Use hot water and soap to clean counters, food prep surfaces, utensils and equipment or use a dishwasher when possible.
- Sanitize with 1 tablespoon chlorine bleach per gallon of water.

- Wash fresh fruits and veggies with clean running water before you use them and dry with a clean paper towel.
- Wash tops of cans and dry with a clean paper towel.

2 SEPARATE

- Use separate cutting boards for raw meats and ready-to-eat foods.



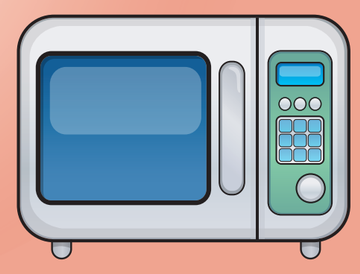


- Don't let raw meat juices drip on other foods.

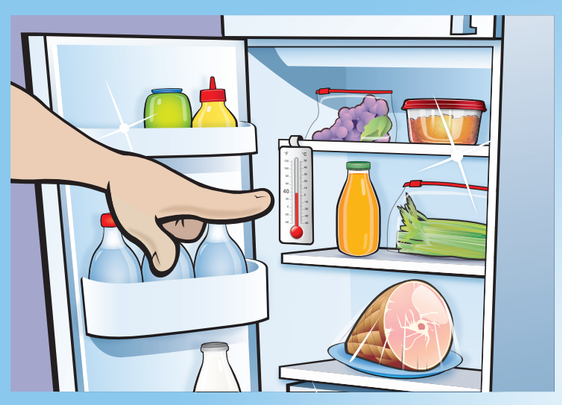
3 COOK

- Always use a food thermometer to make sure foods have reached a safe internal temperature.
- Cook beef, lamb, veal and pork steaks, roasts and chops to at least 145°F and allow to rest 3 minutes before carving or serving.
- Cook ground beef, pork,veal and lamb and egg dishes to at least 160°F. Cook chicken and turkey (whole, pieces or ground) to at least 165°F. Reheat foods to at least 165°F.

- Cover, stir and rotate microwave-cooked foods and cook foods that require time-temperature control for safety to 165°F.

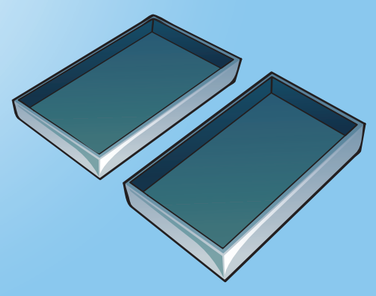


4 CHILL



- Refrigerate promptly.
- Use thermometers in refrigerators and freezers.
- Keep refrigerators at 40°F or colder.
- Keep freezers at 0°F or colder.

- Cool foods quickly by placing large pots in ice baths and stirring, stirring with ice paddles or dividing into shallow containers.
- Discard perishable foods that have sat at room temperature for more than 2 hours or 1 hour at temperatures above 90°F.



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