**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.

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, 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.