

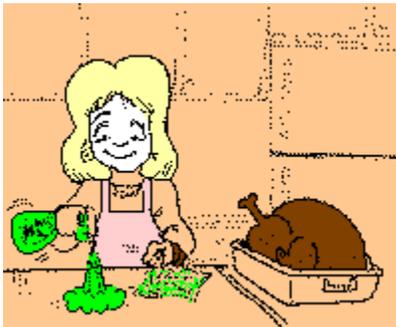


Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Holiday Food Safety Tips



The holidays are for friends, family and food. It's also a time many people are at risk of food borne illness.

Each year an estimated 80 million Americans suffer from food borne illness. To keep friends and family safe this holiday season, follow these safety tips:

- Never place cooked foods on the same plate already used for raw meats and poultry.
- The same rule applies to utensils, cutting boards and preparation surfaces.
- Surfaces that appear clean may still harbor invisible bacteria, such as Salmonella and E coli, which cause food borne illness.
- Water and detergent don't kill bacteria. Damp and dirty sponges and dishcloths may even spread bacteria to other surfaces such as cutting boards, countertops, and high chairs.
- Use an antibacterial cleaner to kill and help stop the spread of bacteria. Lysol® Antibacterial Kitchen Cleaner^a is the only kitchen cleaner that is EPA-registered to kill both Salmonella and E coli., two common causes of food borne illness.
- Symptoms of food borne illness usually appear from four to 48 hours after eating contaminated food, but can appear anywhere within 30 minutes to two weeks. Symptoms include nausea, vomiting, diarrhea, fever or cramps.