

# Public Health is **EVERYWHERE**

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## FOOD SAFETY

The SCPH Food Safety program licenses and regulates all food service operations and retail food establishments in the county, including restaurants, grocery stores, mobile, temporary and vending machine operations. Our sanitarians work to protect consumers and assist food service operators and business-owners in keeping their customers and employees healthy.

With the end of the year holidays approaching, it's especially important to keep food safety in mind. The tips below will help ensure that food poisoning does not make an appearance at your holiday celebrations.

### KEEP IN MIND...

- When preparing food, it's very important to keep HOT foods HOT and COLD foods COLD. Refrigerate or freeze any perishable food within 2 hours.
- Wash your hands, wash your hands, wash your hands!
- Thoroughly rinse fresh fruits and vegetables.
- Be sure to cook foods completely; use a food thermometer.
- Safely thaw your turkey. Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter.

### STATISTICALLY SPEAKING...

**1 out of 6** people become sick with a foodborne illness each year. That's about 48 million people in the US!

**60%** of all the foodborne illnesses are due to one type of virus - the Norwalk /Norwalk-like virus. It's also known as the "24 hour bug."

**100,000+** Americans are hospitalized each year due to food poisoning, which can also lead to long-term health consequences.

For more information about Food Safety, please visit <https://www.scph.org/food-safety>

Sound and video clips, photo stills and more information are available at [www.scph.org/media](http://www.scph.org/media).



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