



## SUMMER FOOD SAFETY TIPS

## Summer 2022

The summertime is the perfect season for picnics and barbeques. It is also the season where extra precaution must be taken when handling and preparing foods. The warm environment is perfect for producing bacteria and other pathogens within the food that cause foodborne illness. There are easy steps to take to decrease the risk of getting a foodborne illness.

### HANDWASHING

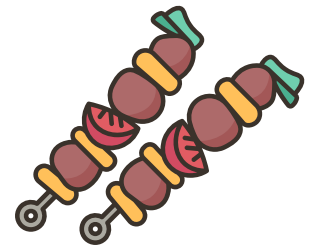
Handwashing can reduce the risk of foodborne illness. Proper handwashing is met when warm soapy water is used for at least 20 seconds (sing the happy birthday song twice). If running water is not available, you can use disposable hand wipes or a waterless hand sanitizer.

Handwashing should occur before handling ready-to-eat food, after handling raw meats, after using the bathroom, after touching bare body parts, after sneezing, after coughing, after using tobacco, and after eating or drinking.



### CROSS-CONTAMINATION

Raw and cooked foods must be separated to avoid cross-contamination. Do not use the same sauce that was used to marinate raw meat, poultry, or seafood on cooked food. Plates and utensils used for handling raw food cannot be used for cooked and ready-to-eat food.



### PROPER FOOD TEMPERATURES TO KILL PATHOGENS

Meat, fish, and poultry must be cooked to certain internal temperatures to kill pathogens that cause foodborne illness. Cook hamburgers to 160°F. Poultry to 165°F. Stuffed fish, meat, pasta and poultry to 165°F. Fish, beef and pork (other than whole roasts) to 145°F. Shrimp, lobster, and crab meat should be cooked until opaque and pearly; shells must open when cooking clams, mussels, and oysters. A food thermometer is the best tool to use to check the temperatures of the food when cooking. The temperature should be taken in the middle of the food product to ensure the proper temperature has reached all parts of the food. If you do not have a food thermometer and are not sure if the food is cooked, you can cut into the meat and check for doneness. The middle of a hamburger should be brown, and the chicken should have no pink. The hot food should be kept at 135°F or higher if not being served immediately.

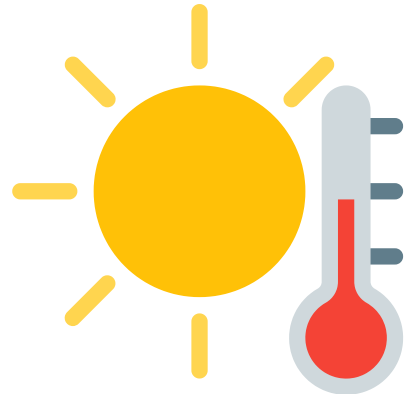
Cold foods such as pasta, fruit, and potato salad must be thoroughly chilled to 41°F or below. If you are traveling to a picnic and are bringing macaroni or potato or any type of food containing dairy, meat, or eggs, transport it on ice in a cooler. Once the foods are outdoors the best way to keep them cold is to nest the bowl into a bigger bowl that is filled with ice. Once the ice begins to melt, drain the excess water and refill with fresh ice.



Fruits and vegetables can also cause foodborne illness if they are not handled properly. Before cooking and/or serving, fruits and vegetables should be washed under running water only (no soap). Melons should be cleaned using a vegetable brush because bacteria and other pathogens can spread into the melon when cutting into it. Cut melons are considered potentially hazardous foods and must be kept cold.

All leftovers should be refrigerated immediately. If food is left out for more than two hours, it should be discarded.

Practicing safe food handling during this time will help make the summertime more enjoyable.



## NEED A COVID-19 VACCINE?

Our Public Health Nurses at QVHD continue to offer both Moderna & J&J vaccines to those 18 and older. Anyone interested in receiving their first, second or booster dose can call our nurses at 203-248-4528 to schedule an appointment.

**Our next clinic is scheduled for Thursday, June 9th from 1PM-7PM, register by visiting: [bit.ly/QVH609](https://bit.ly/QVH609)**

## Personal Preparedness: Have a Plan, Be Prepared!

In the Spring 2022 edition of QVHD Connections, we highlighted making an emergency preparedness kit. Now we will turn our attention to planning. It's important to spend time planning for a public health emergency to avoid future anxiety and be able to practice before an emergency occurs. Three key elements to include in your plan are: **communication**, **transportation** and **essential care**.

**HAVE A PLAN IN CASE OF EMERGENCY**

- communication
- transportation
- essential care

Photo Credit: Ready.gov

**DYK: Only 39 % of Americans have developed an emergency plan and discussed it with their family.**

(Source: CDC)

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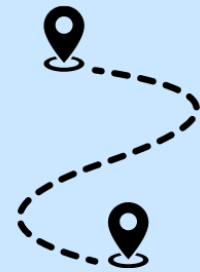
## **tips to start preparing today:**

Know which disasters are common in your area and prepare your home & family.



Know when you should shelter in place & where the safest place in your home is.

Find escape routes in your home & evacuation routes in your community.



Carry an **emergency contact card** that includes:

- Name
- Date of Birth
- Emergency Contact Name & Phone Number
- Special Needs, Medical Conditions, Allergies
- Other important information



**QVHD**

Quinnipiac Valley Health District

Source: CDC



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Quinnipiac Valley  
Health District

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# Sun Safety



**QVHD**  
Quinnipiac Valley Health District

Being outside in the sunshine is a great way to stay active and get Vitamin D. However, too much ultraviolet (UV) light can damage the skin and increases the risk of skin cancer. UV light is present year-round, even in cloudy weather.

## Follow these tips to help protect your skin!



### Shade

Stay in the shade such as under a tree or umbrella.



### Clothing

Wear long sleeves or a cover-up. Darker colors may absorb more UV light.



### Hat

Wear a hat that shades your face and neck.



### Sunglasses

Those that block UVA and UVB rays are best.



### Sunscreen

Use broad-spectrum with an SPF 15+. Reapply after 2 hours or after swimming. Check the expiration. NOT for babies less than 6 months.

Visit the  
CDC to  
Learn  
More!

Source:



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