



Food Safety Education It's a great time to freshen up on food safety and educate others about preventing food poisoning.

<https://www.cdc.gov/foodsafety/education-month.html>

Meet Food Safety Chef

Follow along on social media to get tips from Food Safety Chef about keeping food safe when cooking at home: @CDCgov Twitter, @CDC_NCEZID Twitter, CDC Facebook, CDCgov Instagram, and @Foodsafetygov Twitter. Look for hashtags #FSEM2021 and #CDCFoodSafety and share these tips to show others how to keep food safe.

Take Steps to Prevent Food Poisoning

As you prepare and handle food, follow these four steps to help prevent foodborne illness (also called food poisoning):

- ♦ **Clean:** Wash your hands, utensils, and surfaces often when you cook.
- ♦ **Separate:** Raw meat, chicken, turkey, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- ♦ **Cook:** Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- ♦ **Chill:** Refrigerate perishable foods (foods likely to spoil or go bad quickly) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures above 90°F (like a hot car or summer picnic).

Anyone can get sick from food poisoning. But some groups of people are more likely to get sick and to have a more serious illness:

- ♦ Adults aged 65 and older
- ♦ Children younger than 5
- ♦ People with weakened immune systems (for example, people with diabetes, liver or kidney disease, alcoholism, or HIV, or people who receive chemotherapy or radiation therapy)
- ♦ Pregnant people

Salmonella: A Prevention Priority

CDC estimates that *Salmonella* is responsible for more foodborne illnesses in the United States than any other bacteria. Though *Salmonella* can be found in a variety of foods, chicken is a major source of these illnesses. Ground beef has also been linked to large *Salmonella* outbreaks in recent years. CDC and partners are working along the food chain to prevent *Salmonella* illnesses associated with chicken and ground beef.

When you cook chicken or ground beef, follow the **Four Steps to Food Safety** to help protect you and your family from *Salmonella* and other germs. Food Safety Chef will share other *Salmonella* prevention tips on social media during FSEM.

4 STEPS TO FOOD SAFETY



CLEAN



SEPARATE



COOK



CHILL



www.cdc.gov/foodsafety

Four Steps to Food Safety

<https://www.cdc.gov/foodsafety/keep-food-safe.html>

Following four simple steps at home can help protect you and your loved ones from food poisoning.

CLEAN: Wash your hands and surfaces often.

- ◆ Germs that cause food poisoning can survive in many places and spread around your kitchen.
- ◆ Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- ◆ Wash your utensils, cutting boards, and countertops with hot, soapy water.
- ◆ Rinse fresh fruits and vegetables under running water.

SEPARATE: Don't cross-contaminate.

- ◆ Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
 - Use separate cutting boards and plates for raw meat, poultry, and seafood.
 - When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
 - Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

COOK: To the right temperature.

- ◆ Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.
- ◆ Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of foods and temperatures.
 - 145°F for whole cuts of beef, pork, veal, & lamb
 - 160°F for ground meats, such as beef and pork
 - 165°F for all poultry, including ground
 - 165°F for leftovers and casseroles
 - 145°F for fresh ham (raw)
 - 145°F for fin fish or cook until flesh is opaque

CHILL: Refrigerate promptly.

Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if it's hotter than 90°F outside).

- ◆ Keep your refrigerator at 40°F or below and know when to throw food out.
- ◆ Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- ◆ Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

Let the



<https://homefiredrillday.makesafehappen.com/>

WE DO FIRE DRILLS AT SCHOOL. WE DO THEM AT WORK. NOW LET'S DO THEM AT HOME.

A home fire happens every 86 seconds, yet half of parents say their kids wouldn't know what to do if their smoke alarm went off. Home Fire Drill Day is when we'll change that by turning drills into family games.

STEP 1. KNOW WHERE TO GO.

- ◆ Pick a safety spot that's near your home and a safe distance away.
- ◆ Explain to your kids that when the smoke alarm beeps, they need to get out of the house quickly and meet at that safety spot.

STEP 2. CHECK YOUR SMOKE ALARMS.

- ◆ Test your smoke alarms with your kids so they know the sound.
- ◆ Make sure there's a smoke alarm on every level of your home, and one in each bedroom.

STEP 3. DO THE DRILL.

- ◆ Have kids head to their bedrooms and wait for the drill to begin.
- ◆ Got kids under 6? Assign adults to help anyone who'll need it.
- ◆ Put one adult in charge of sounding the smoke alarm and running the drill.
- ◆ Next, sound the smoke alarm, start the timer and have everyone book it to the safety spot.
- ◆ Once everyone gets to the safety spot, stop the timer. If you all made it in under two minutes, you each get an imaginary gold medal. If not, give it another try.
- ◆ In a real fire, get to the safety spot, then call 911 and keep everyone close until firefighters arrive.

HOME FIRE DRILL games begin!

GOT IT? GOOD. NOW HAVE FUN WITH IT AND PLAY SOME FIRE DRILL GAMES.

Fire Drill Games teach kids how to escape a home fire in ways that are fun and memorable. Use your awesome parenting powers to make up fun prizes you can enjoy as a family – like staying up late together for pajama movie night – if everyone aces your home fire drill.

Commercial Break For It

Kids watch TV on Saturdays, and commercial breaks are about two minutes long. What a coincidence—that's how long it should take you to safely escape your home in a fire. So let's practice fire drills during commercial breaks. The challenge: Can your family get from the TV to the safety spot in under two minutes?

- ◆ Prize: Beat the challenge and get to watch an extra TV show before bed.

Ready, Set, Speedwalk!

How fast can your family get to the safety spot without running? Race against the two-minute timer to speedwalk from your bedrooms to the safety spot. Want to raise the stakes? Get there in less than one minute. But no running.

- ◆ Prize: Under two minutes? Breakfast for dinner. Under one minute? Ice cream for dessert.

Lights Off

It's important to know how to escape if the smoke alarm goes off at night. Can you get out in under two minutes...in the dark? Practice your home fire drill at night, with all the lights turned off. If everyone makes it to the safety spot in two minutes or less, it's a win. Recommended for kids over 6.

- ◆ Prize: Stargaze in your yard on blankets, or tell ghost stories inside, with mugs of hot chocolate.



Combat the Changing Season with These Fall Safety Tips

<https://www.quickenloans.com/blog/autumn-safety-tips-protect-matters-fall>

As the summer season fades into fall and long sunny days wane into short chilly nights, it's time to take several safety measures and apply them to your home. The changing weather poses risks for your health and home so it's important to be aware of the shifting season and its impact on your surroundings. Don't let the changing weather dampen your enjoyment of the season. Here are some important safety tips for a fun and safe fall.

Fall Health and Wellness Tips

From illnesses to injuries, there are several climate changes that happen in the fall that might have a direct impact on your health and wellness. Take some precautions to protect yourself!

Fight the Flu

Short for influenza, the flu is a contagious illness that infects the nose, throat, lungs and a range of complications like sinus and ear infections. According to the Centers for Disease Control and Prevention (CDC), there are three actions you can take to fight the flu:

- ◆ Wash your hands regularly
- ◆ Avoid close contact with sick people
- ◆ Wear appropriate clothes outdoors

Even though you can possibly get sick after getting a flu shot, a yearly vaccine can provide protection against complications from the flu.

If you do find yourself sick with the flu this fall season, make sure you talk to your doctor about steps you should take in order to get well soon.

Watch Your Back

One of the most beautiful occurrences of the fall season is when the leaves start to turn color then gracefully fall upon lawns or get suddenly swept up on an autumn breeze. A less poetic reality of fall is the fact that someone has to rake those leaves.

This season, watch your back as you tend to your lawn, as back injuries are prone to happen while raking and collecting leaves, by following these safety tips:

- ◆ Stretch: Make sure your muscles are ready for a workout
- ◆ Stand up straight: Pull from your arms and legs
- ◆ Relax: Rake for intervals of 10 – 15 minutes at a time, taking breaks in between

If you opt for a leaf blower over a rake, make sure you are properly dressed in clothing that covers your skin, like a flannel shirt and jeans. Wear appropriate eye protection and work shoes as well, protecting any sensitive parts of your body to prevent injury.

Protect Your Pets

When it comes to your home, you might think your pet is safe, but there are some hidden dangers. The American Society for the Prevention of Cruelty to Animals (ASPCA) has a helpful list of tips to help keep your pet safe from household poisons, cold weather hazards and everything that could pose a possible threat to your pet:

- ◆ Keep rodenticides (rat poisons) out of reach
- ◆ In more rural areas, watch out for dangerous wildlife
- ◆ Keep apple stems, leaves or seeds away from your pet, as ingestion could cause health problems
- ◆ Watch out for poisonous mushrooms

If your pet ingests something harmful– or is bit or attacked by a wild animal– call your local animal poison control center or ASPCA immediately.

Fall Driving Safety Tips

A combination of fewer hours of daylight with unpredictable weather can result in unsafe driving conditions in the fall. This can result in difficulty seeing and maneuvering on the roads.

Slippery When Wet

A number of weather conditions can contribute to a risky road. Here are a few dangers of fall weather to be aware of when driving:

- ◆ Rain: Water can pool on top of dust and oil, making the pavement slippery
- ◆ Leaves: They can litter the roads, making it slippery and obscuring vision of traffic lines, other pavement markings and even potholes
- ◆ Frost: Temperatures can drop dramatically in the night, making ice spots on areas of the road, such as bridges, overpasses and shaded areas
- ◆ Fog: It can limit your visibility when driving

There are multiple ways to stay safe on the roads this fall, and they all boil down to watching your speed, especially in areas with rain, frost or leaves, and paying attention to the road and your surroundings.

Don't Veer for Deer

In Michigan we have a saying – “Don't veer for deer.” Meaning, don't swerve if a deer runs in front of your vehicle! You could lose control of the car quickly, especially if you are on a curve or narrow road with little to no shoulder. Instead, brake firmly with both hands on the wheel to come to a controlled stop.

Soak Up the Sun

Believe it or not, fall is a bad time for sun glare on the roads. Sun glare is dangerous because it can impact your sight for a few seconds after exposure, obscuring any vision of pedestrians, oncoming traffic and even the car in front of you.

Class Is Back in Session

Fall is back-to-school season, bringing with it back-to-school traffic in the early mornings and late afternoons. This also signals an increase of school buses and cars on the road. Not to mention, pedestrian traffic at crosswalks as kids and parents walk to and from the school and their bus stop.

Tips for Fall Home Maintenance

From cluttered gutters to fire hazards, protect your home this fall by making sure it's ready to combat the changing weather and potential dangers.

Check All Safety Devices

In order to ensure safety inside your home, take a moment and check all of your safety devices, making sure the

batteries are charged and that they work properly. For example, test all your smoke alarms inside your home. Make sure the batteries are working properly and are fully charged. In addition, make sure to replace used and expired fire extinguishers.

Fire Up the Furnace

Turn your heater on before the temperatures really plummet so you can ensure it works. Contact a technician to inspect that it's operating properly if you suspect it needs servicing. Keep all flammable materials away from your furnace. This includes clothing, paint products, toxic materials, cardboard and more.

Inspect the Insulation

When your home allows in cold drafts, it forces your furnace to work harder in order to heat your house, resulting in higher energy bills. Keep the cold air out by improving the insulation in your attic and walls.

Give the Heater Some Space

Make sure you read the instructions to see if your space heater requires venting, and if it does, make sure it's vented to the outdoors. A good rule of thumb is to keep your space heater away from clothing, bedding, drapery and furniture. Remember to shut them off if you leave the house and don't leave them unattended if you have children or pets. More importantly, don't use your space heater as a dryer for hats, gloves and other articles of clothing, as they can catch fire.

Fire Safety

Before you relight your fireplace, check your chimney to confirm it's free of debris and has proper ventilation. Make sure the bricks, mortar and liner are in good condition. Lastly, use a fireplace screen to keep the sparks from flying all over the place.

Doing laundry? Prevent dryer fires by cleaning filters after each load of wash and removing lint that collects in dryer vents. Like burning candles, never leave a load of laundry in the dryer unattended.

De-clutter the Gutters

Clean your gutters by removing all debris and leaves. Before burning leaves, check your city's regulations, as it may be illegal where you live. If you burn them, do so away from the house and use proper containers.

Trim the Trees

As plants begin to die in the cold weather, make sure you call a landscaping service to remove any dead branches or decaying limbs on the trees of your property. When weighed down by ice and snow, or blowing in the wind, they can become hazardous and fall on your house or vehicle.

Fall is a time for fun and family. Put these tips into practice today to ensure a safe fall and winter season.

