

## The "Run" Down on Diarrheal Illness - Prevention Tips



As the weather heats up, cases of diarrhea increase.

The most important step people can take -

**WASH HANDS WITH SOAP AND WATER OR USE ALCHOL-BASED HAND SANITIZERS OFTEN!**

Other specific actions people can take to prevent diarrheal illnesses include:

### Food Related:

- Clean - Wash hands and surfaces often to prevent bacteria from spreading throughout the cooking area (cutting boards, knives, sponges and counter tops). All raw produce should be washed before eating!
- Separate - Don't cross contaminate between raw food (particularly meat, poultry and seafood) and ready-to-eat foods.
- Cook - Cook all foods to proper temperature - roasts/steaks to at least 145 degrees; pork/hamburger to 160 degrees. Measure with a thermometer.
- Chill - Refrigerate promptly. Bacteria multiply rapidly between 40 and 140 degrees.

### Recreational Water Related:

- Don't swim when you have diarrhea.
- Don't swallow or get recreational water in your mouth.

**Chouteau County Health Dept**

**406-622-3771**

**Our hours are Monday through Friday 8:00 a.m. to 5:00 p.m.**

