

Livingston County Health Department ENVIRONMENTAL HEALTH NEWSLETTER

Game Day Food Safety Tips

Are you hosting a game day gathering? From the Super Bowl to March Madness, make sure your gathering is memorable for the right reasons. Play by the rules and follow these five tips to avoid food poisoning:

1 Keep it clean.



- Wash your hands with soap and running water for at least 20 seconds before, during, and after preparing food and before eating. Also, wash your hands after using the bathroom and touching pets.
- Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each item.
- Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel—so dirt and germs on the surface do not get inside when you cut.

2 Cook it well.



- Cooking food to the right temperature kills harmful germs. Use a food thermometer to check meat, egg, and microwaved dishes on your menu.
- Make sure chicken wings (and other poultry) reach an internal temperature of at least 165°F. Ground beef and egg dishes should reach at least 160°F. Check the safe internal temperature for other foods.

3 Avoid safety violations.



- Separate raw meats from ready-to-eat foods like veggies when preparing, serving, or storing foods.
- If preparing food in advance, divide cooked food into shallow containers to cool. This encourages rapid, even cooling. Put the cooked food in a refrigerator or freezer as soon as possible—always within 2 hours of cooking.
- Keep hot foods at 140°F or warmer. Use chafing dishes, slow cookers, and warming trays to keep food hot on the buffet table.
- Keep cold foods, like salsa and guacamole, at 40°F or colder. Use small service trays or nest serving dishes in bowls of ice.
- Getting takeout or delivery? Make sure to keep hot foods hot and cold foods cold.

4 Watch the clock.



- Follow recommended cooking and standing times.
- Areas of the food that are not completely cooked (cold spots) can provide a hiding place for germs.
- Always follow directions for the standing time—the extra minutes food should rest to finish cooking.
- Keep track of how long food stays on the buffet.
- Throw away any perishable foods that have been out at room temperature for 2 hours or more.

5 Store and reheat leftovers the right way.



- Divide leftovers into smaller portions or pieces, place in shallow containers, and refrigerate or freeze.
- Refrigerate leftover foods at 40°F or below as soon as possible and within 2 hours of preparation. It's OK to put hot foods directly into the refrigerator.
- Refrigerate leftovers for 3 to 4 days at most. Freeze leftovers if you won't be eating them soon.

Lead FAQs

Get answers to your lead-related questions

What is lead?

Lead is a naturally occurring metal found in the earth's crust. It can be found in all parts of our environment – the air, the soil, the water, and even inside our homes.

How can I be exposed to lead?

Lead enters the body through inhalation (breathing in) or ingestion (eating or drinking) lead or lead dust. Common sources of lead exposure include:

- Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint. When the paint peels and cracks, it makes lead dust.
- Certain water pipes may contain lead.
- Products such as toys and jewelry.
- Candies imported from other countries or traditional home remedies.
- Certain jobs and hobbies involve working with lead-based products.

What is lead poisoning?

Lead poisoning occurs when a person's health or body functions are negatively affected by lead contamination in what they eat, drink, touch, or breathe. Many factors affect how different people's bodies handle exposure to lead. These factors include a person's age, nutritional status, and genetic makeup, as well as the source of lead and length of their exposure.

What health effects can lead exposure cause?

Children under the age of six (6) are especially vulnerable to lead exposure. Exposed children can experience:

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavior problems

Where can I learn more about lead?

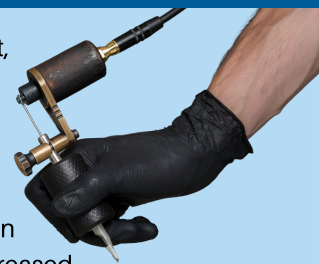
You can find more information about lead, lead poisoning, and lead poisoning prevention on our website:

<https://www.livgov.com/health/eh/Pages/lead.aspx>

Source: Centers for Disease Control and Prevention. (2020). Lead Poisoning Prevention. Retrieved from: www.cdc.gov/nceh/lead/prevention/health-effects.htm

PROTECT YOUR HEALTH BY AVOIDING 'SCRATCHERS'

As tattoos, body art, and permanent cosmetics become more popular, the U.S. Food and Drug Administration (FDA) is seeing increased reports of tattoo-related infections. It is important to remember tattooing and piercing break the skin. This causes open wounds and in some cases bleeding. These practices can leave you susceptible to infection. It is important for tattooists to follow safe practices to prevent such complications.



In the state of Michigan, body art facilities are licensed by the Michigan Department of Health and Human Services (MDHHS). Licensure ensures that body art facilities are meeting basic health and safety requirements. Licensure also requires facilities pass annual inspections performed by local health departments, like the Livingston County Health Department. Body art not performed within a licensed facility is illegal and dangerous. These illegal tattooists are referred to as 'scratchers'.

You can avoid 'scratchers' by reviewing the list of currently licensed, inspected, and approved body art facilities in Livingston County. This list can be found on our website:

www.livgov.com/health/eh/Pages/body-art.aspx



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