

Safe Easter Eggs

Easter time is here again. Eggs will be used for Easter egg hunts and decorations. It is important that eggs are handled with care to prevent contamination.

Raw eggs may be contaminated with Salmonella. Wash your hands thoroughly with soap and water before handling eggs and at every step of egg preparation including cooking, cooling, dyeing and hiding.

If using hard boiled eggs for coloring, wait until the eggs have completely cooled before dyeing the eggs. Remember to return eggs to the refrigerator immediately after dyeing them. Hard boiled eggs will keep for about one week in the refrigerator.

Hard boiled eggs used for an Easter egg hunt, need to be protected from contamination. Hide the eggs in areas that are free of pets, birds, wild animals, insects, dirt, or lawn and garden chemicals. Return the eggs to the refrigerator as soon as possible after the egg hunt. Eggs that are cracked or have been left out for more than 2 hours should be discarded.

Happy *Safe* Hunting



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Lincoln County Health
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Food Rules!!

A quarterly newsletter from your local health department.



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Handwashing: The best prevention against food-borne illness.

Handwashing is the single most important action to stop spreading infection and disease. Handwashing gets rid of the germs on hands that can make people sick. It is important to wash your hands often throughout the day, even when they look clean.

Food workers are required to wash their hands before they begin food preparation and any time hands may be contaminated. You should always wash your hands after:

- Going to the toilet
- Coughing/sneezing or using a tissue
- Handling raw meat, fish or poultry
- Taking a break, eating, or smoking
- Touching dirty kitchen equipment, utensils, dishes or work surfaces.
- Handling or playing with pets or using chemicals.

And you should always wash your hands before:

- Touching or handling ready-to-eat foods, such as breads, deli meats, cheese, fruits and vegetables, etc.

How to wash your hands:

Use soap and warm, running water

1. Rub your hands vigorously for 20 seconds
2. Wash all surfaces, including:
 - Backs of hands
 - Wrists
 - Between fingers
 - Tips of fingers
 - Under fingernails
 - Rinse your hands well
3. Dry hands with single-use towels.

In food service, you may use hand sanitizers after washing your hands if you would like, **but you may not use them instead of washing your hands.**

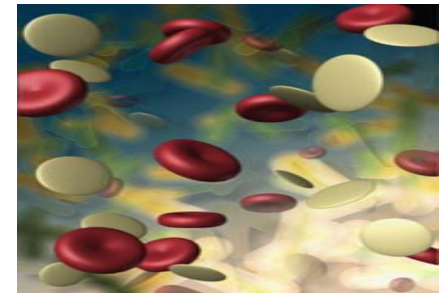
What is Foodborne illness?

Foodborne disease is caused by consuming contaminated foods or beverages. Many different disease-causing microbes, or pathogens, can contaminate foods, so there are many different foodborne infections.

The most commonly recognized foodborne infections are those caused by the bacteria *Campylobacter*, *Salmonella*, and *E.coli*

0157:H7, and by a group of viruses called calicivirus, also known as the Norwalk and Norwalk-like viruses.

An estimated 76 million cases of foodborne disease occur each year in the United States. Some cases are more serious, and CDC estimates that there are 325,000 hospitalizations and 5000 deaths related to food borne diseases each year.



To prevent these illnesses, we must be careful about personal hygiene, especially when working with food. So to keep your food safe from bacteria and viruses:

- Do not work with food when you have diarrhea, vomiting, or fever.
- Wash your hands twice after using the toilet—once in the restroom, and then again when you get back in the kitchen.
- Use gloves or utensils instead of bare hands when handling ready-to-eat food.