

# FACT:

**\*76 MILLION PEOPLE  
GET SICK EVERY YEAR  
FROM FOOD THEY EAT**

\*Centers for Disease Control and Prevention

## Should I worry about food sickness?

Food sickness happens when something you eat makes you sick. You have heard about people who got sick from eating lettuce, spinach, or ground meat. You may not worry about it. But it can happen to you!

## Can I or my family get sick from food?

Yes! Anyone who eats can get sick from food. But some people get sick more easily than others. They are:

- Pregnant women
- Young children
- Elderly people
- People with diseases like cancer, HIV/AIDS, diabetes, or with weakened immune systems
- People who have had organ transplants



**Question:** I am pregnant. Can food sickness affect my baby?

**Answer:** Yes. Your baby eats what you eat. Serious food sickness can cause birth defects or miscarriage.

## How can I get food sickness?

You can get food sickness if:

- You eat food that is out of the refrigerator for too long
- You eat ground meat, chicken, or pork that is not well cooked
- People who make your food don't wash their hands
- Raw meat or raw eggs touch raw fruits and vegetables that you eat

CHILL IT



COOK IT



## What does food sickness feel like?

You may feel sick 1-6 hours after a meal. It can even take 2-8 days or up to 3 weeks to feel sick. If you are sick, you may have:

- Headache
- Stomach pain
- Upset stomach/vomiting
- Fever
- Loose or watery stools (with or without blood)
- More serious health effects such as difficult breathing, dehydration, or kidney failure

## What should I do if I feel sick from food?

Make sure to drink lots of water and get lots of rest. Always call your doctor, especially if you are pregnant or have a serious health condition.

## Which foods should I be careful about?

### HAMBURGER MEAT (155°F)

Hamburgers from fast food restaurants are OK because they are cooked safely to 155°F. In other restaurants, ALWAYS order your child's hamburgers well done. Also, older people, pregnant women, or people with a serious illness should order hamburgers well done. At home, cook burgers to 155°F. Looking is not a good way to know if hamburgers are cooked enough.



Check the temperature (155°F) with a thermometer.

### CHICKEN (165°F)

At home, keep raw chicken apart from raw vegetables. Keep raw chicken on the bottom shelf of the refrigerator to prevent dripping.



Check the temperature (165°F) with a thermometer.

### PORK (145°F)

Always cook pork until the juices look clear.



Check the temperature (145°F) with a thermometer.

### FRUIT AND VEGETABLES

Wash fruits and vegetables under running water. Use a small brush to remove dirt. Cut away bad areas because germs can grow there.

## How can I cook safe food for myself and my family?

1) Before you eat or make food, wash hands for 20 seconds with soap and warm water.



2) Use two cutting boards to keep raw meat, chicken, and fish apart from vegetables.



3) Use a food thermometer to check meat, fish, and chicken after it is cooked.

**CHECK IT**



4) Chill food and leftovers in the refrigerator (41°F/ 5°C) when you get home or as soon as you finish eating.

**CHILL IT**



## Where can I buy a food thermometer and how do I use it?

You can buy a food thermometer at any supermarket. Before each use, wash the stem in hot, soapy water. Then, push into the thickest part of cooked meat. After 15-20 seconds, read the temperature. To monitor cold food, place a thermometer in your refrigerator.



FOOD <b>CHECK IT</b>	COOKING TEMPERATURES
Fish, meat, pork	145°F (63°C)
Ground meat	155°F (68°C)
Chicken	165°F (74°C)

## What are some easy ways I can avoid food sickness?



**Always** wash fruits and vegetables under running water before cutting or eating them.

Keep eggs in the refrigerator. Cook eggs until the yellow yolk is firm.



Defrost frozen food in the microwave or refrigerator, **not** on the counter.

Serve **hot** foods steaming hot and cold foods **cold**.



Do not buy expired food. Throw food out if it smells bad or if you are not sure if it is safe to eat.

## I want to know more. What can I do?

Call the Food and Drug Safety Program  
(609)826-4935  
8:30 AM - 4:30 PM

Find this brochure at:  
<http://nj.gov/health/eoh/foodweb/>

Links: [www.fda.gov](http://www.fda.gov)  
[www.fightbac.org](http://www.fightbac.org)  
[www.cdc.gov](http://www.cdc.gov)

**CHILL IT**



**COOK IT**



**CHECK IT**



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<http://nj.gov/health/eoh/foodweb/>