



December 2013  
Volume 3, Issue 6

## Holiday Food Safety: Spread Cheer, Not Foodborne Illness

There are plenty of reasons why this is the season to be jolly! The holiday season means quality time with family and friends, wonderful gifts, and, of course, holiday foods. Pass the eggnog, glazed ham, and delicious desserts all around the dinner table, but not the foodborne illnesses! The last thing you want during the holiday season is for you and your family to develop a foodborne illness. Check out the Holiday Food Safety Success Kit for food safety tips as well as tasty holiday recipes!



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## 2013 National Handwashing Awareness Week

December 1-7, 2013 was recognized as National Handwashing Awareness Week. The County of San Bernardino Department of Public Health Division of Environmental Health Services (DEHS) would like to raise awareness about the importance of properly washing hands.

Handwashing is one of the easiest and most effective ways to prevent the spread of many types of infection and illness from one person to another. DEHS will celebrate National Handwashing Awareness Week through public service announcements via social media outreach and educational programs throughout the month of December. Since handwashing is so important during food handling, DEHS will also recognize food facilities whose employees have been observed using proper handwashing techniques while preparing and handling food during a routine inspection with a certificate of merit.



The Centers for Disease Control and Prevention's Handwashing website ([www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)) has valuable information about hand hygiene that can improve cleanliness and promote good health.

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## New Fact Sheets

We have published new fact sheets on [Naegleria fowleri](#), and [listeriosis](#). Learn more about these diseases and how to prevent them on our [Communicable Disease Profiles page](#). We feature information on a different foodborne, waterborne, or vector-borne illness each month.

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## Stay Connected to DEHS with Social Media

Follow our social media sites to get the latest news on mosquito and vector control, food safety and foodborne illness prevention, pool safety and drowning prevention, and more! We are now on [Facebook](#), [Pinterest](#), [Twitter](#), [YouTube](#), [Facebook en Espa0ol](#), [Pinterest en Espa0ol](#), [Twitter en Espa0ol](#), and [YouTube en Espa0ol](#).

*If you have any questions or comments, please contact Lana Cao, Health Education Specialist I,  
at 800-442-2283 or [Lana.Cao@dph.sbcounty.gov](mailto:Lana.Cao@dph.sbcounty.gov).*

***We appreciate the effort you make to  
protect the public's health in our County.***