



October 2016
Volume 6, Issue 4

Fall Celebrations- Stay Healthy!

Fall is upon us and we often celebrate by engaging in pumpkin carvings, costume parties, cooking, or trick-or-treating with family and friends. Make sure you protect yourself and your family against unwanted bacteria and enjoy all of the Fall festivities.

Follow these simple suggestions to help your children, family and friends have bacteria free, safe and fun Fall celebrations:

- Inspect your child's candy before they begin to snack on it.
- Do not eat any homemade treats made by strangers.
- Look for any signs of tampering in candy wrappers, if you find them, throw them out immediately.
- Remove from goodie bags any candy that might cause a choking hazard, such as gum, peanuts, hard candies or small toys.
- If juice or cider is served at gatherings, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Untreated juice or cider will have a label indicating that it was not pasteurized or otherwise treated.
- As tempting as it is, do not taste raw cookie dough or cake batter.
- If you are hosting or attending a party, make sure that foods are not left at room temperature for more than 2 hours. Cold temperatures help keep most harmful bacteria from multiplying.
- Chill finger foods such as sandwiches, cheese platters, salads or cakes.
- During potlucks, refrigerate platters of food until it is time to serve, and rotate platters within 2 hours.



Communicable Disease Profile - Hepatitis A

Hepatitis A is a contagious liver disease that is caused by eating contaminated food or drinking tainted beverages contaminated with the Hepatitis A virus.

Hepatitis A is usually spread when a person ingests fecal matter (even in microscopic amounts) from contact with food, drinks, or other objects contaminated with excrement of an infected person. Person-to-person transmission happens when an individual does not partake in proper handwashing after using the bathroom, or changing diapers, and then touching objects, such as food. Food and drinks such as fresh or frozen fruits and vegetables, water, and ice are most likely to be contaminated.

Protect yourself from Hepatitis A by practicing proper handwashing using soap and water, and scrubbing for

at least 20 seconds. If you are a health professional, plan to travel to a country with a high rate of Hepatitis A or are at risk for contracting Hepatitis A, get the Hepatitis A vaccine as a preventive measure.

You can find more Hepatitis A information by visiting the [Division of Environmental Health Services page](#) and the [Centers for Disease Control and Prevention pages](#).

Danger Zone - What's the Right Temperature?

Leaving food out for too long at room temperature can cause bacteria to grow to dangerous levels that can cause food borne illnesses. The spooky danger zone is the temperature between 40 °F and 140 °F.

Keep food out of the danger zone by following these recommendations:

- Never leave food out of the refrigerator for more than 2 hours. If you are eating outdoors and temperatures reach over 90 °F, do not leave food outside for more than 1 hour.
- For Hot holding, keep hot food hot at or above 140 °F. You can use preheated steam tables, warming trays or slow cookers.
- For cold holding, keep cold food cold at or below 40 °F. You can place food containers over ice.
- Leftover food should be put in shallow containers for quick cooling and refrigerated at 40 °F or below within 2 hours.
- Reheated food should reach an internal temperature of 165 °F, even when using a microwave.



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Follow our social media sites to get the latest news on food safety and foodborne illness prevention, mosquito and vector control, pool safety and drowning prevention, and more!

Environmental Health Today



Salud Ambiental Para Hoy



If you have any questions or comments, please contact Norma Mendoza norma.mendoza@dph.sbcounty.gov or Scott Stanley Scott.Stanley@dph.sbcounty.gov, Health Education Specialists, at 800-442-2283.

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