

# POISON ANTIDOTE



## Utah Poison Control Center

585 Komas Drive  
Salt Lake City, Utah 84108  
1-800-222-1222



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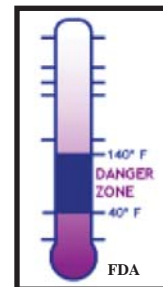
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## Risk of Food Poisoning Rises With the Temperature

At this time of year, people are preparing and eating food outdoors at picnics, barbecues and on camping trips. The Center for Disease Control estimates that about 76 million people become ill, and 5,000 die from foodborne illness in the U.S. each year. Does this mean you should forgo your favorite outings this summer? Of course not! Follow 4 basic food safety steps to help keep you and your family safe.

- Clean: Wash Hands and Surfaces.** Wash hands for 20 seconds with soap and warm water before and after handling food. Wash utensils, dishes and food prep surfaces with hot, soapy water.
- Separate: Don't Cross-Contaminate.** Prevent raw meat juices from coming in contact with ready-to-eat food. When packing a cooler chest, wrap raw meats securely. If utensils and surfaces touch raw meat, wash them before using on cooked or ready-to-eat food.
- Cook: Heat to Proper Temperatures.** Take your thermometer along for the trip! Ensure the minimum internal temperature of meat is as follows: Poultry 165°; Ground beef, veal, pork and lamb 160°; Beef, veal, pork and lamb steaks, roasts and chops 145°.
- Chill: Refrigerate Promptly.** Store perishable food in a refrigerator or an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Do not leave perishable food out for more than 2 hours. If temperature is 90° or above, chill leftover food within 1 hour. Bacteria can grow easily between 40° and 140°. Keep food below or above this danger zone.



Remember...**When in Doubt...Throw it Out.** If you suspect food poisoning, call the Utah Poison Control Center at 1-800-222-1222.

Resources: CDC, USDA, FDA

Now you can...

## ORDER ONLINE!

**FREE**

poison prevention materials are available at:  
[www.utahpoisoncontrol.org](http://www.utahpoisoncontrol.org)

**POISON Help**  
1-800-222-1222

## Looks Good Enough to Eat?

Children and pets are sometimes fooled by the attractive leaves and berries of indoor and outdoor plants as well as the allure of mushrooms growing outside. Even adults can be at risk as they venture outdoors.

**Mushrooms:** Only experts can tell the difference between poisonous mushrooms and safe mushrooms. Unless you are an expert, avoid eating wild mushrooms and teach children to do the same.

**Plants and Berries:** Most plants must be eaten to cause harm, while others are poisonous if touched. The following tips will help prevent plant poisonings:

- Teach children never to put leaves, stems, bark, seeds, nuts or berries from any plant into the mouth.
- Never leave small children alone outdoors. Curiosity and the attractiveness of plants and mushrooms may lure a child to eat them.
- Know the name of all plants in your home and yard. Garden stores and nurseries can help you identify plants.
- When venturing outdoors do not forage for food; natural isn't necessarily safe.
- Don't assume that plants or berries are safe because birds or animals eat them.
- Pets need protection too. Keep poisonous plants out of the reach of pets.

Visit the Utah Poison Control website [www.utahpoisoncontrol.org](http://www.utahpoisoncontrol.org) to view pictures and information about common toxic plants. Resource: [poisonhelp.hrsa.gov](http://poisonhelp.hrsa.gov)

