Hello Parents! Are you aware that illnesses from *Salmonella* spike in the summer? And that the overwhelming majority of hospitalizations from *Salmonellosis* occur in children under 5 years of age? Be ready this summer to TAKE ACTION and reduce the risk of infection in your family!

We’re getting you ready for a **SUMMER WITHOUT SALMONELLA** with these **Quick Tips!**

### DON'T RINSE RAW POULTRY
This spreads germs around the kitchen and is not a food safety step.

### COOK POULTRY TO 165°F
Always use a food thermometer.

### WASH YOUR HANDS
Before all meal preparations.

### ALWAYS USE SOAP
For effective hand washing.

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**RECOGNIZE THE SYMPTOMS**

- Abdominal Cramps & Tenderness
- Fever
- Diarrhea

A child might show these symptoms of gastroenteritis in a range from 12 to 72 hours.

**Salmonella is common & can be found in many types of foods.**

### FOOD PREVENTION

- Raw or undercooked eggs, poultry and meat: Cook to safe internal temperature
- Raw or unpasteurized milk or other dairy products: Buy and consume only pasteurized milk and dairy products
- Raw produce: Rinse all fresh raw fruits and vegetables just before eating

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**Kids under 4 are 4.5 times more likely to acquire bacterial infections from food compared to adults.**

- **WASH HANDS**, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- **WASH HANDS** with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.

For more tips go to www.fightbac.org/summer