

The Epi Link

*Conversation Hearts from HIV/STD
Public Health
Professionals*

**NO GLOVE
NO LOVE**

**GET TESTED
OR
GET INFECTED**

**GOT
CONDOMS?**

**LOVE BEGINS
WITH
PREVENTION**

**ONLY ACCEPT
WRAPPED
GIFTS**

**IT TAKES 2
TOGETHER
WER 1**

Spotlight: CDC Valentines Safety

"If dinner at your favorite restaurant is part of your Valentine's Day plan, be sure food safety is on the menu.

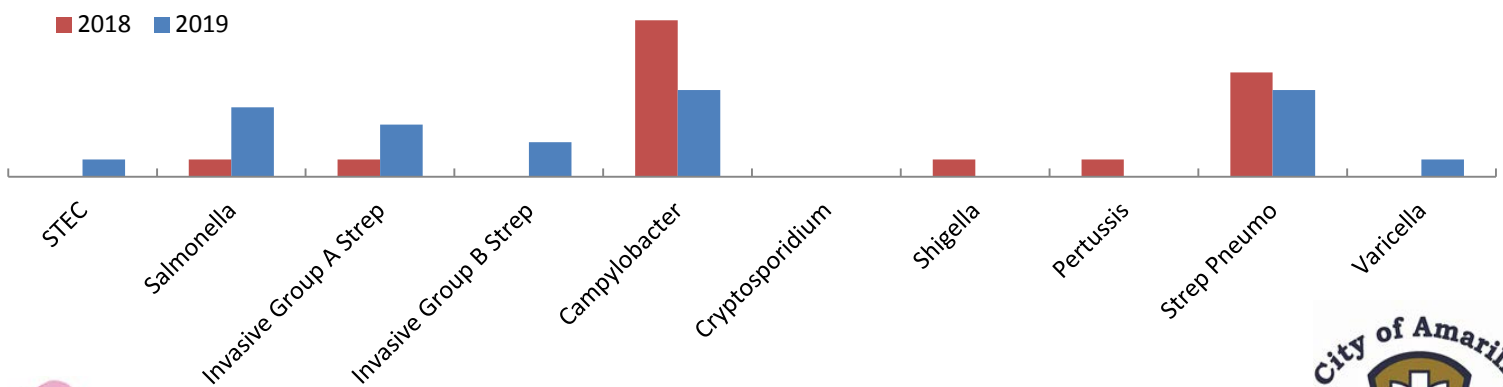
Read this CDC feature on [food safety tips for dining out](#) so it is a memorable meal for the right reasons."

"Food Safety Tips for Eating at Restaurants" as featured on CDC.gov

- **Check inspection scores.** Check a restaurant's score at the [environmental health department's webpage](#), ask the environmental health department for a copy of the report, or look for it when you get to the restaurant.
- **Look for certificates that show kitchen managers have completed food safety training.** Proper food safety training can help improve practices that reduce the chance of spreading foodborne germs and illnesses.
- **Look for safe food-handling practices.** Sick food workers can spread their illness to customers. Most kitchens are out of the customer's sight, but if you can see food being prepared, check to make sure workers are using gloves or utensils to handle foods that will not be cooked further, such as deli meats and salad greens.
- **Order food that's properly cooked.** Certain foods, including meat, poultry, and fish, need to be cooked to a temperature high enough to kill harmful germs that may be present. If you're served undercooked meat, poultry, seafood, or eggs, send them back to be cooked until they are safe to eat.
- **Avoid food served lukewarm.** Cold food should be served cold, and hot food should be served hot. If you're selecting food from a buffet or salad bar, make sure that the hot food is steaming, and the cold food is chilled. Germs that cause food poisoning grow quickly when food is in the danger zone, between 40°F and 140°F.
- **Ask your server if they use pasteurized eggs in foods such as Caesar salad dressing, custards, or hollandaise sauce.** Raw or undercooked eggs can make you sick unless they're pasteurized to kill germs.
- **Take care of your leftovers quickly.** Refrigerate within 2 hours of eating out. If it is above 90°F outside, refrigerate leftovers within 1 hour. Eat leftovers within three to four days. Throw them out after that time.

2018 and 2019 January Case Count Comparison of Selected Illness*

*All data are provisional. All data points without labels are <10 cases.



Communicable Disease Reporting

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