

# HINTS FOR HOMEOWNERS

## Don't Let Germs Crash The Party

(NAPSA)—According to the Centers for Disease Control, approximately 76 million cases of food-borne diseases, commonly known as food poisoning, occur in the United States every year. Fortunately, you can help keep your family out of such statistics.

Food-borne illnesses are attributed to bacteria that can grow and spread throughout the home. The best way to protect yourself is to understand the science behind bacteria growth and spread. Noted microbiologist Joe Rubino recommends taking preventative, scientifically proven measures to help keep your family healthy, happy and safe.

**1. Keep your refrigerator at the proper temperature.** “The temperature of the food, as well as where it is stored, is crucial to the safety of everyone. Make sure the temperature of your refrigerator is accurate to prevent bacteria growth and spread.” Test the temperature of your refrigerator to ensure that it is no higher than 40 degrees Fahrenheit.

**2. Thaw and cook food to proper temperature.** Use a thermometer to make sure that meat and poultry have been thawed all the way through. “Do research on the time needed to thoroughly thaw ingredients. The heat from cooking food kills bacteria that live in things such as meat and poultry. If the inside of your food is not thawed completely, it won't get hot enough to eliminate the threat.”

**3. Prevent cross contamination.** “The danger lies in contact between cooked and uncooked food and remnants, so take pre-



**With a little care, you can keep food-borne illness from crashing your parties.**

cautions to always keep them separate. Use cutting boards that come with removable mats to cut down on washing time and keep food safe.” If you can't find one of these, wash your cutting board with hot water and soap after each use.

**4. Sanitize all surfaces that come into contact with food.** “Sanitizers, such as Lysol Food Surface Sanitizer, can kill bacteria and eliminate the threat of illnesses caused by E. coli and salmonella. They also require no rinsing and cleanup is quick and effective.”

**5. Properly store leftovers.** Store remaining food in resealable containers and high-quality plastic bags. “Leftovers are enjoyed for days after. It is important that they are stored properly.” Rubino recommends looking for products that boast airtight seals to keep food fresh.

Don't let food-borne illnesses invite themselves to your house. For more information, see [www.lysol.com](http://www.lysol.com).