

ECHO Key Messages

Emergency and Community Health Outreach



Key Messages for ECHO Show #10 “Food-Borne Illnesses”

Translation Deadline: Friday, March 18, 2005.

Translators: please contact Larry if you have any questions. Good luck with your work!

Food-borne illnesses can be prevented by following these important steps:

Number 1: Wash your hands well before preparing and serving food

Number 2: Wash raw fruits and vegetables well before you serve or eat them

Number 3: Cook meat, fish, and poultry as directed by the label on packaging or by your local Health Department

Number 4: Avoid mixing raw meat juices with foods that are ready to eat