

# ECHO Script

*Emergency and Community Health Outreach*



## ECHO SHOW # 10 “FOOD-BORNE ILLNESSES”

### Dear MTL Translators:

The phrase “food-borne illness” might not exist as a specialized term in your language. To clarify the meaning of the term, I will offer an explanation that I adapted from the Center for Disease Control website:

“Foodborne disease is caused by consuming foods or beverages that are contaminated by microscopic organisms or poisons. Many different disease-causing microbes, or pathogens, can contaminate foods, so there are many different foodborne infections. In addition, poisonous chemicals, or other harmful substances can cause foodborne diseases if they are present in food. More than 250 different foodborne diseases have been described. Most of these diseases are infections, caused by a variety of bacteria, viruses, and parasites that can live and grow in foods.”

For a more complete explanation, visit the site:

[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections\\_g.htm#foodbornedisease](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm#foodbornedisease)

Please note that the term “food-borne illness” does NOT include individual sensitivities to foods, such as peanut allergies or lactose intolerance. The term DOES include industrial poisons (such as pesticides) and also natural poisons found in mushrooms, but these types of poisoning are not specifically discussed in this ECHO program.

If you have any questions about how to translate terms or expressions in the ECHO script, please contact Larry Bogoslaw ([larry@translab.us](mailto:larry@translab.us)). Thank you for your careful work! Please send your electronic copy back to me by **Friday, March 18.**

1/ ECHO Show #10 “Food Borne Illness” (English) / Thanks to Environmental Public Health agencies from City of Minneapolis, City of Bloomington, Hennepin County, Ramsey County for assistance with the production of this script! Thanks to Department of Natural Resources and the Metropolitan Mosquito Control District for slides and video!

EDIT DIRECTIONS	AUDIO TRACK
<p>(1) NOTE: DO NOT USE A HAMBURGER SHOT (CHOOSE POULTRY INSTEAD)</p> <p>(2) EH Folks: Can you recommend shots from CD's, tapes, and stills you know we have that we could use to “cover” this paragraph? Use red ink to tell me which tapes and what shots here –</p> <p>(2) EH Folks: Do we dare “name” a few food borne illnesses? Or shall we cut this line?</p> <p>(3) -- Use shots of folks that don't feel well (SPNN has some clinic and sick people)</p> <p><b>[NAT SND – IN KITCHEN?]</b></p> <p>-- Use shots of cooking, cleaning, and storing foods here.</p> <p>(4) EH Folks:-- Do we have shots of raw meat, fish, poultry? If so, where. What source?</p>	<p><b>--NAT SND [PEOPLE EATING]--</b></p> <p>--1— Eating a variety of frssh foods is good for your health—but if the food you eat isn't cooked or cleaned properly, you might feel sick.</p> <p>--2-- A food-borne illness or sickness can come from food that looks good, smells good and tastes fine. There are many types of food-borne illnesses, but two common types are called Salmonella and Norovirus.</p> <p>--3-- Symptoms like diarrhea or vomiting usually start within 48 hours after eating contaminated foods. But some food-borne illnesses can make people sick within one hour, while other food-borne germs can take several days to settle in the body. To keep germs away, it's important to store, clean, and prepare food safely.</p> <p><b>[NAT SND – IN KITCHEN?]</b></p> <p>--4-- Raw meats (such as goat and cow), chicken, seafood, and eggs often carry germs that are especially bad for children, old people, and people who are already sick, because their bodies are too young or too weak to fight germs.</p>

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<p>(5) EH Folks: Does this work for you? Ellen and I would rather not rattle off which temperatures do with what foods (folks won't remember).</p>	<p>--NAT SND [SIZZLE OF MEAT]— --5--</p>
<p>(5) -- J-Peg of thermometer. EH Folks: Do we have shots of meat packaging that illustrates temperature settings?</p>	<p>Heat kills most of the harmful bacteria found in raw meats, eggs, chicken, and fish. But, in order to cook foods properly, you must heat them for a long enough time at a high enough temperature. The oven temperature won't tell you how hot the meat is inside; a meat thermometer is more accurate. Because cooking temperatures vary, check the food package label or consult your County Health Department to find out how long to cook foods, and at what temperature.</p>
<p>(6) --NAT SND [FISH AND EGGS?]— EH Folks: Do we have shots of cooking chicken, eggs, and fish?</p>	<p>--6-- Cook chicken until there is no pink color. Fish should flake easily with a fork. Eggs are safe to eat as long as the whites and yolks are firm – not runny. Avoid recipes where eggs remain raw or only partially cooked, because harmful bacteria might still live inside them.</p>
<p>(7) EH Folks: Do we have shots of microwave cooking?</p>	<p>--7— Microwave cooking is fast, but it does not always cook food completely because the heat is uneven [i.e. some parts of the food get hotter than others]. To make sure that meat and other foods are fully cooked in the microwave, you need to cover, stir, and rotate them [i.e. turn the food package or dish a few times so it faces different directions; or use a round “turntable” inside the microwave that will rotate the food automatically while the power is on].</p>
<p>(8) EH Folks: Do we have shots of serving people at the table? Or hot plate? Tupperware showing proper separation?</p>	<p>--8— It doesn't take long for bacteria to grow, so keep hot foods hot and cold foods cold when serving them. After serving meals, foods should be stored in the refrigerator or freezer right away. Large pots of soup, stew, rice, and noodles take too long to cool, so divide those foods into small containers—then put them in the</p>

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refrigerator right away.

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<p>(9)</p> <p><b>- NAT SND [HAND WASHING] MDH VIDEO PLUS ILLUSTRATION OF GERM GLOW SHOWING THE PASSAGE OF GERMS FROM HANDS, TO FOOD, TO MOUTH.</b></p> <p><b>--NAT SND [WASHING VEGGIES?]-</b></p>	<p><b>--9—</b> Before you cook, it’s good to clean.</p> <p><b>--NAT SND [HAND WASHING?]-</b> Wash your hands with soap and water to keep germs from passing from your hands, to the food, and into your mouth.</p> <p><b>--10--</b> You can’t see germs but they’re in the bathroom, when you change a baby’s diapers and on fruits and vegetables grown in gardens.</p>
<p>(10)</p> <p><b>EH Folks: Do we have shots of washing vegetables in particular, lettuce?</b></p> <p><b>[NAT SND SHARPEN KNIVES?]</b></p>	<p><b>--NATSND [WASHING VEGGIES?]-</b> Germs come from soil, animals, and birds—and from the human hands that touch the produce before you buy it. To remove dirt and germs, it’s very important to wash raw fruits and vegetables--and to wash your own hands—before your cook, serve, or eat meals.</p> <p><b>[NAT SND SHARPEN KNIVES?]</b></p>
<p>(11)</p> <p><b>EH Folks: Do we have shots of kitchen work? Restaurant chefs would work here too and I know Ellen has still shots of cutting board contamination.</b></p>	<p><b>[NAT SND SHARPEN KNIVES?]</b></p> <p><b>--11—</b> Clean foods can become contaminated if you’re not careful in the kitchen. Raw meat juices on cutting boards, plates, sinks bring harmful bacteria to other foods already prepared to be served.</p> <p><b>[NAT SND GRILL AND PLATE SHOWING SEPARATION]</b></p> <p><b>--12--</b> The solution to this problem is to keep foods separate, so that raw meat juices won’t mix with foods that are ready to eat. And remember to wash your hands. If there are cuts or sores on your fingers, cover them</p>

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with bandages and gloves; these precautions will keep germs from getting on foods.

**[NAT SND EATING FAIR FOOD?]**

**--13--**

Food-borne illnesses are easy to avoid if you remember to cook and clean carefully when your prepare foods at home or in a restaurant.

**#### END ####**

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