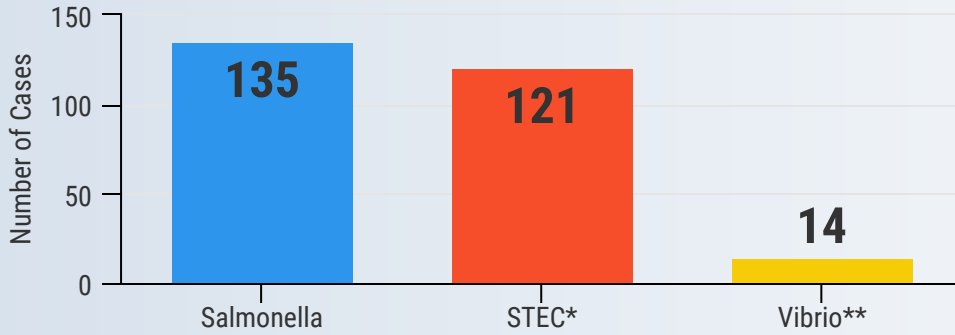




Food Safety Education Month

September 2019

Cases of Select Food-related Illnesses, Montana 2018

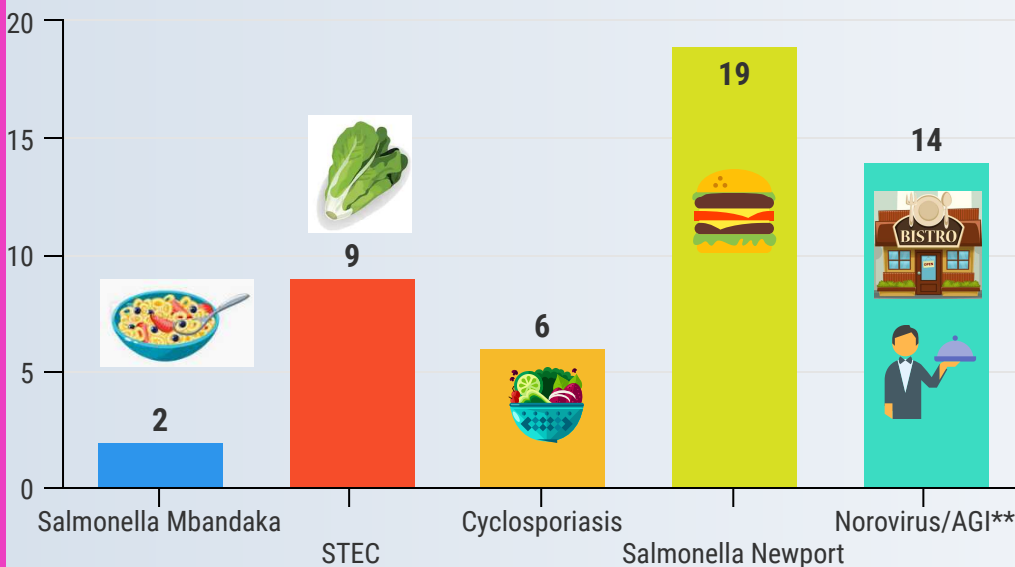


* Shiga toxin-producing E. coli

** Bacteria found in coastal waters that can cause illness from raw/undercooked shellfish

- Raw meat like chicken and beef may contain Salmonella, STEC, Campylobacter or other bacteria that can cause illness - prevent illness by following [Tips for Food Safety](#)
- 10 vibriosis cases in 2018 ate raw oysters before their illness onset
- Raw milk (and foods made from it) can cause illness from bacteria such as Campylobacter, STEC, Salmonella, and Listeria

Montana Cases linked to Foodborne Outbreaks, 2018

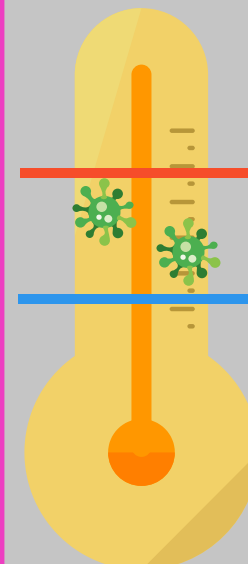


** Acute gastrointestinal illness caused by an unknown pathogen

Tips for Food Safety

1. **CLEAN** - wash hands, utensils, and surfaces often when cooking
2. **SEPARATE** - separate germ-spreading raw meat, poultry, seafood, and eggs from cooked food and fresh produce
3. **COOK** - use a food thermometer to make sure foods are cooked to an internal temperature that kills germs
4. **CHILL** - refrigerate perishable foods and leftovers within **2 hours**. Chill within one hour on hot days.

Keep food out of the **DANGER ZONE**



Keep hot food hot - at or above 140°F

Keep cold food cold - at or below 40°F



MONTANA COMMUNICABLE DISEASE EPIDEMIOLOGY