

TOP 5

CDC Risk Factors

Contributing to Foodborne Illness

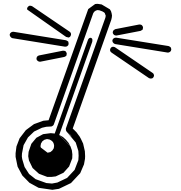
Did You Know ... ?

There are 48 million people in the United States who get food poisoning each year. As a result, more than 128,000 people are hospitalized, and many people die. The Centers for Disease Control and Prevention (CDC) have identified the Top 5 Risk Factors contributing to foodborne illnesses:

1

IMPROPER HOT/COLD HOLDING TEMPERATURES OF POTENTIALLY HAZARDOUS FOODS

Food poisoning cases commonly occur when potentially hazardous foods are not held at proper temperatures. Keep hot foods at 135°F or above and cold foods below 41°F.



2

IMPROPER COOKING TEMPERATURES

The Food and Drug Administration establishes minimum internal temperatures for cooked foods. Temperatures should be measured with a probe thermometer in the thickest part of meats, or the center of other dishes, avoiding bones and container sides.



3

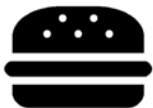
CONTAMINATED UTENSILS AND EQUIPMENT

Contaminated utensils and equipment can lead to cross-contamination of food. In order to prevent the spread of pathogens, all utensils and equipment shall be properly cleaned and sanitized at least once every 4 hours or more frequently as needed.

4

POOR EMPLOYEE HEALTH AND HYGIENE

Food workers can be a significant source of harmful microorganisms. Good employee hygiene, such as proper hand washing, is essential to prevent direct and indirect contamination of food, utensils, and other food-related equipment. The person in charge should never allow sick employees to work in the kitchen.



5

FOOD FROM UNSAFE SOURCES

All foods distributed in restaurants and permitted facilities must be obtained from approved sources that comply with applicable laws and regulations.



County of Marin
Environmental Health Services
3501 Civic Center Drive, Room 236
San Rafael, CA 94903
415-473-6907
www.marincounty.org/ehs