

Checklist for Preventing Cross-Contamination

✓	Wash hands before preparing or eating food.
✓	Wash hands after handling raw meat, poultry, or fish.
✓	Wash hands during food preparation if you touch hair, cough, sneeze, blow nose, or contaminate hands in any way.
✓	Never let raw meat, poultry, or fish come in contact with another food. (Put raw meat, poultry, or fish in plastic bags in the grocery store so groceries will not be contaminated.)
✓	Store raw meat, poultry, or fish on a plate, in a plastic bag, or in a container on the bottom shelf of the refrigerator. (Dripping juices from raw meat, poultry, or fish on upper shelves can contaminate food on lower shelves.)
✓	Keep refrigerator clean and wipe up spills immediately.
✓	Do not rinse raw meat, poultry, or fish under running water in the sink. (The cooking process will destroy the microorganisms and rinsing creates a fine mist of water that can contaminate other surfaces in the kitchen.)
✓	Wash plate thoroughly that held raw meat, poultry, or fish before placing cooked food on the same plate.
✓	Wash cooking utensils thoroughly that are used with raw meat, poultry, or fish before using them again for cooked food.
✓	Never reuse a cutting board after cutting raw meat, poultry, or fish without first thoroughly washing the cutting board.
✓	Use clean dishcloths, dish towels, and sponges every day. (When wet, they can harbor and even encourage the growth of microorganisms. Sponges can be cleaned in the dishwasher. Use paper towels to clean up when possible because they can be thrown away immediately.)
✓	Use clean plates, glasses, and utensils when eating or preparing food.
✓	Keep sink, countertops, appliances, and tables clean. (A commercial sanitizer or bleach mixture—one tablespoon of chlorine bleach to one gallon of water mixed every day—can be used to sanitize.)
✓	Wipe up spills in the kitchen immediately.
✓	Never reuse plastic food storage bags. (They are hard to clean and when reused, they can contaminate the next food stored in them.)

Types of Foodborne Illness

Microorganism	Onset	Disease and Symptoms	Sources
<i>Campylobacter jejuni</i>	1-7 days	<i>Campylobacteriosis</i> Abdominal cramps, diarrhea, nausea, headache, muscle pain, sometimes fever	Raw poultry, raw beef, raw milk, contaminated water
<i>Clostridium botulinum</i>	12-36 hours	<i>Botulism</i> Weakness, dizziness, double vision, difficulty swallowing, difficulty speaking, progressive paralysis of the respiratory system Botulism can be fatal so get medical help as soon as possible.	Canned vegetables, luncheon meats, sausage, home-canned food, low-acid food, honey, smoked and salted fish Children under one year of age should not be fed honey due to the risk of infant botulism.
<i>Clostridium perfringens</i>	8-24 hours	<i>Perfringens food poisoning</i> Abdominal cramps, diarrhea, muscle pains, sometimes nausea and vomiting	Cooked meat, meat products, gravy, stuffing, stews, meat pies Food becomes unsafe when it has been left at room temperature for more than two hours.
<i>E. coli</i> O157:H7	12 hours-4 days	<i>Hemorrhagic colitis</i> Bloody diarrhea, abdominal cramps, fever, vomiting Children under five and the elderly can develop a complication called <i>hemolytic uremic syndrome</i> that causes kidney failure which can result in death.	Undercooked hamburger, unpasteurized milk, unpasteurized apple juice or cider, produce, contaminated water
Hepatitis A virus	10-50 days	<i>Infectious Hepatitis</i> Fever, malaise, abdominal cramps, nausea, jaundice	Sandwiches, fruits, salads, vegetables, milk and milk products, shellfish, iced drinks, polluted water Contamination is usually caused by unsanitary practices of a food preparer.
<i>Listeria monocytogenes</i>	4 days-3 weeks	<i>Listeriosis</i> Nausea, vomiting, fever, headache, diarrhea Listeriosis affects primarily the elderly, newborns, pregnant women and their unborn babies, and those with impaired immune systems. Can result in the death of unborn babies and newborns.	Raw milk, soft cheese, ice cream, raw vegetables, raw poultry, raw meats, game meats
<i>Salmonella</i> (over 2300 types)	6-72 hours	<i>Salmonellosis</i> Nausea, vomiting, abdominal cramps, diarrhea, headache, fever, prostration	Raw meat and poultry, raw eggs, milk and dairy products, shrimp, yeast, coconut, chocolate, pasta
<i>Shigella</i> (over 30 types)	1-7 days	<i>Shigellosis</i> Diarrhea, abdominal cramps, fever, sometimes vomiting, blood or mucous in stools	Salads, raw vegetables, milk and dairy products, raw poultry, contaminated water Contamination is usually caused by unsanitary practices of a food preparer.
<i>Staphylococcus aureus</i>	30 minutes-8 hours	<i>Staphylococcal food poisoning</i> Nausea, vomiting, abdominal cramps, diarrhea, prostration	Meat, poultry, egg products, salads, tuna, cream-filled pastries, sandwich fillings, reheated food Food becomes unsafe when it has been left at room temperature for more than two hours.