



28 Executive Drive, Norwalk, OH 44857 | 419-668-1652 | information@huroncohealth.com

FOR IMMEDIATE RELEASE

Contact:

Cyleen Sharpe, Public Information Officer
Huron County Public Health
28 Executive Drive
Norwalk, Ohio 44857
Phone: 419-668-1652, ext: 234
csharpe@huroncohealth.com

November 22, 2022

Preventing Foodborne Illness During the Holidays

NORWALK, Ohio— HCPH encourages Huron County to embrace the holiday season with celebrations with loved ones and good food, but don't invite foodborne illness to the holidays. When preparing your holiday menu, keep these important food safety tips in mind:

- **Wash your hands before, during, and after food prep:** Use soap and warm water for at least 30 seconds, and sanitize all areas that will be used for food prep and serving, such as countertops and tabletops;
- **Cook foods thoroughly:** Follow all cooking instructions and utilize a food thermometer to ensure food has been cooked to a safe internal temperature, especially meat items. Safe internal temperatures for various cooked foods can be found at www.FoodSafety.gov;
- **Keep hot foods hot, and cold foods cold:** Hot items should remain at a temperature above 140°F, and cold foods kept at a temperature below 40°F. It's recommended to use chafing dishes, or crock pots and ice trays to keep food at a safe temperature when serving groups;
- **Leftovers:** Thanksgiving leftovers should only be refrigerated up to four days after the holiday, when stored in small shallow containers. After four days, leftovers should be discarded.

In addition to preventing foodborne illness, HCPH encourages all individuals to prevent the spread of COVID-19 by practicing good hand hygiene by frequently washing your hands with soap and water and/or using hand sanitizer, stay up-to-date with COVID-19 vaccines if eligible and get tested for COVID-19 if you develop symptoms.



Timothy Hollinger, MPH
Health Commissioner

###

Community Health Fax:
(419) 668-0152

Environmental Fax:
(567) 244-3201

Medical Fax:
(419) 663-1809

An equal opportunity provider of employment and services.

