



## Fact Sheet

### Children's safety is in your hands

While everyone is at risk for foodborne illness, children under 5 have a higher risk of getting sick and having serious consequences. Foodborne illness usually leads to diarrhea, which can quickly dehydrate them. They may also have nausea, vomiting, stomach cramps, stomach pain, fever and chills.

Young children have immune systems that are still developing, and aren't able to fight off infections as well as adults can. They also have less stomach acid to kill harmful bacteria. Young children are directly impacted by the food safety practices of the adults in their lives. Their safety is in your hands.

Focus on four basic food safety principles to keep kids safe:

**Clean:** Wash hands, surfaces, cooking utensils, and raw fruits or vegetables.

**Separate:** Separate raw meat, poultry and eggs from ready-to-eat foods.

**Cook:** Use a food thermometer to make sure food is cooked to a safe internal temperature.

**Chill:** Keep cold foods cold (41°F or lower) and store leftovers in the fridge or freezer within two hours.

Young children should also not drink unpasteurized milk or juice, which carry harmful bacteria and germs that can cause children to become seriously ill or even die. During the pasteurization process raw milk is heated to a specific temperature for a set amount of time to kill harmful germs. The pasteurized milk maintains its nutrients and is much safer to drink than raw milk.

Learn more by visiting [www.phelpscountyhealth.com](http://www.phelpscountyhealth.com), Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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Phelps/Maries County Health Dept

200 N Main, Suite G51, Rolla, MO 65401

(573) 458-6010 office

[www.phelpscountyhealth.com](http://www.phelpscountyhealth.com)