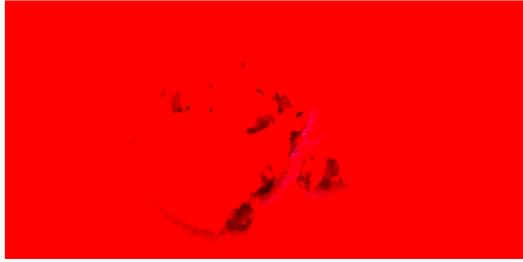


## No 5-Second Rule Applies!



When I grew up, there was a "5-second rule" for food dropped on the floor. Pick up the food before 5 seconds, and it was safe to eat. My doctor says if it even touches the floor, it isn't safe to eat. Oops!

*Germs abound when the electrical power is out, the water quits running, and the toilet can't be flushed! **You'll need to be more careful because you can't afford to get sick with intestinal or other illnesses!** Here are some things to watch:*

- In 1867, Dr. Joseph Lister proved microbes cause disease. It was hard to get doctors to wash their hands. It may be hard for you to wash your hands if clean water is scarce.
- Always wash your hands before eating.
- Wash your hands like a doctor: Vigorously with soap for at least 20 seconds, washing each finger separately as well as the hand.
- Use a clean towel to shut off the water and open a bathroom door.
- After using the potty, you must wash your hands. *Period.*
- If you pat your dog, cat, horse, or cow, wash your hands afterward.
- If you sneeze or cough, do it into your shoulder instead of into your hands. Wash your hands often to prevent spreading your illness.
- Don't wipe your nose with your hand. Use a handkerchief.
- Avoid spitting. It spreads illness to others.
- Clean your fingernails regularly. Toenails, too! Wash your feet.
- *The easiest way to infect yourself from dirty hands is to rub your eyes, put a finger into your nose or mouth, or just touch them.*
- Let your rinsed toothbrush dry somewhere at least 6' away from your toilet or potty.
- Keep meat cold before cooking. The warmer it gets, the faster bacteria on the meat multiply... *especially poultry.* Eat all you cook; don't save it for later!
- Use a meat thermometer. Cook whole chickens to 180°F internal temperature; 170°F for chicken breasts/poultry; 160°F for ground beef, pork, egg dishes; 145°F for fish/beef.
- Throw out food scraps that touch the ground. Finally, a good use for dogs!
- Dishtowels and sponges used to wash dishes harbor many, many germs.
- Assume all water is unsafe to drink until you purify it.
- Assume all containers are contaminated until cleansed.
- Don't pour clean water into contaminated containers.
- Assume the germs that can infect you are present. They are.