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COVID-19

Resources

DHS

[www.dhs.iowa.gov/
COVID19](http://www.dhs.iowa.gov/COVID19)

HCCI

[www.idph.iowa.gov/hcci/
products](http://www.idph.iowa.gov/hcci/products)

CCR&R

[www.iowaccrr.org/
providers/links/
resources2020/](http://www.iowaccrr.org/providers/links/resources2020/)

CDC

[www.cdc.gov/
coronavirus/2019-ncov/
index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.

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www.earlychildhood.iowa.gov

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September Is Food Safety Education Month



Freezer Thermometer Photo Credit: CDC

The CDC estimates that every year 1 in 6 Americans get sick from contaminated food or beverages and 3,000 die from foodborne illness. Foodborne illnesses can be dangerous for people who have certain health conditions and for the very young, older people, pregnant women and their unborn children. Children five years and younger are at high risk because their immune systems are still developing and they cannot fight off infections as well as older children and adults.

To help prevent foodborne illness, the CDC lists four steps to follow: clean, separate, cook and chill. Each step is critical when preparing and handling food. More information, along with resources (posters, infographics and videos), can also be found at www.cdc.gov/foodsafety/food-poisoning.html.

One of the many quality practices related to food safety found in Caring for Our Children National Health and Safety Performance Standards Guidelines for Early Care and Education Programs is the use of thermometers for food storage and assessing cooking temperatures. An easy-to-read, cheap thermometer (make sure it is mercury-free) should be placed in refrigerators and freezers. Temperatures should be checked daily and recorded to make sure that refrigerators and freezers are within the recommended range. To learn more, visit www.nrckids.org/CFOC/Database/4.8.0.6. Another inexpensive tool is a food thermometer that is used to check the temperature of cooked food. Use the Recommended Safe Minimum Internal Cooking Temperatures guide (www.nrckids.org/Files/Appendix/AppendixU.pdf) when cooking. Thermometers, following recommended safe food temperatures and using the CDC's 4 Steps to Food Safety will help to prevent foodborne illnesses.

Four Steps to Food Safety From the CDC

CLEAN

Wash your hands and work surfaces before, during, and after preparing food. Germs can survive in many places around your kitchen, including your hands, utensils, cutting boards, and countertops.

SEPARATE

Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods. Use separate cutting boards and keep raw meat away from other foods in your shopping cart and refrigerator.

COOK

Cook food to the right internal temperature to kill harmful bacteria. Use a food thermometer.

CHILL

Keep your refrigerator 40°F or below. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if food is exposed to a temperature above 90°F, like in a hot car).

Symptoms of Foodborne Illness From the CDC

Usually appear 12 to 72 hours after eating contaminated food but may occur between 30 minutes and 4 weeks later. Nausea, vomiting, diarrhea (may be bloody), abdominal pain, fever, headache and body ache.

Do You Thank You May Have Food Poisoning? Call 1-844-IOWASIC or file a complaint and view Iowa inspection reports at [www.iowa safefoodinspection.com/Inspection/
PublicInspectionSearch.aspx](http://www.iowa safefoodinspection.com/Inspection/PublicInspectionSearch.aspx).