



Prepare Food Carefully

Food poisoning is a general term for health problems arising from eating contaminated food. Common symptoms include nausea, vomiting, abdominal cramping, and diarrhea. Food poisoning can often be avoided with a few simple precautions.

The U.S. National Library of Medicine suggests the following tips to reduce your risk of eating contaminated food:

- Thoroughly wash your hands before and after touching food, and clean all kitchen surfaces before and after food is prepared.
- Always wash fruits and vegetables with running water.
- Keep foods refrigerated until right before you cook or eat them. Never eat foods that have been sitting unrefrigerated for long periods of time.
- Make sure all foods, especially meats, are cooked thoroughly. Use a thermometer to be sure meat is cooked to the appropriate temperature.
- Never allow cooked foods to come into contact with unclean dishes or surfaces where raw meats have been prepared.
- Never cook foods that are past their expiration date, and discard any foods that smell or look spoiled or rotten.
- Refrigerate leftovers promptly – do not let food stand at room temperature.



Source: UnitedHealthcare

Certain types of tomatoes have recently been linked to a salmonella outbreak. The Food and Drug Administration (FDA) expanded its warning to consumers nationwide about salmonella-contaminated tomatoes.

For more information about the salmonella outbreak, read yesterday's release from the FDA (<http://www.fda.gov/oc/opacom/hottopics/tomatoes.html>).

For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.