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**Contact Information:**

Livingston County Department of Public Health  
2300 East Grand River Avenue, Suite 102  
Howell, MI 48843 517.546.9850 Fax: 517.546.6995



**Livingston County Department of Public Health  
Promotes Protection against Food borne Illness in July**

Howell, Michigan, July 18, 2008 --.During July, the Livingston County Department of Public Health would like to educate local residents about what they can do to prevent food borne illness and what the health department is doing to protect the health of county residents and visitors.

“Be aware of potential illness from consuming contaminated food and beverages during the summer months but do not let it keep you from enjoying the many activities that the County has to offer for fun and recreation,” said Jim Henry, Livingston County Department of Public Health Food Program Supervisor. “You can protect yourself and your family by taking special precautions.”

Here are some guidelines you should take to protect yourself and your family from food borne illness:

- 1) When carrying food to another location, keep it cold to minimize bacterial growth. Cold food should be held at or below 40°F. Pack food right from the refrigerator into the cooler immediately before leaving home.
- 2) When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in.
- 3) Be sure there are plenty of clean utensils and platters. To prevent food borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

For more information and the many services that the Livingston County Department of Public Health offers, visit us at [www.lchd.org](http://www.lchd.org)