

Media Inquiries:

Don Bolger
Public Information Officer
☎ (630) 221-7374

DuPage County Board of Health

Sam Tornatore, J.D.
President

Lanny Wilson, M.D.
Vice President

Robert Spadoni, J.D.
Secretary

John Novak
Treasurer

Lori Bottoms

Melinda Finch

Nadeem N. Hussain, M.D.

Robert Larsen, J.D.

Uzma Muneer, M.D.

Lawrence J. Schouten, M.D.

Charlie A. Thurston

James P. Weeks, D.D.S.

Karen Ayala, M.P.H.
Executive Director

Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

May 20, 2019

FOR IMMEDIATE RELEASE

BBQ Safety Tips from DuPage County Health Department

DUPAGE COUNTY—While the aroma from barbecue grills fills the warm air, the DuPage County Health Department wants you to enjoy the taste of summer, while staying safe and healthy.

The Centers for Disease Control and Prevention (CDC) reports food poisoning peaks in the summer months when warmer temperatures can cause foodborne germs to thrive.

The DuPage County Health Department recommends following these safe-grilling tips to enjoy your favorite foods:

- **Plan to be safe.** When shopping, pick up meats and poultry right before you checkout. Separate raw meats from other food in your cart and into individual plastic bags to avoid cross-contamination.
- **Keep it clean.** Wash hands, kitchen work surfaces and utensils immediately after contact with raw meat and poultry. Keep a spray bottle with water and a tablespoon of bleach nearby to wipe down surfaces and utensils.
- **Groom your grill and tools.** Use a moist cloth or paper towel to clean the grill surface. If using a wire brush, check the grill for bristles that may have come off.
- **Curb cross-contamination.** (Also known as “co-mingling”.) Place cooked meat on a clean plate and be sure to throw away marinades and sauces that were in contact with raw meat and poultry. **Cook it well, keep it hot.** Use a meat thermometer to be sure meat and poultry have reached recommended internal temperatures to kill any germs.
- **Treat leftovers right.** Refrigerate meat and poultry within two hours of cooking. Keep leftovers at 40 degrees or cooler when transporting. Reheat leftovers to 165 degrees before eating.

For barbecue safety tips from CDC, visit:

<https://www.cdc.gov/foodsafety/communication/bbq-iq.html>

Now, go enjoy the grilling season! Safely.

###