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For Immediate Release

Grill Safely this Fourth of July

DuPage County - Fourth of July calls for gatherings and cookouts! The DuPage County Health Department (DCHD) is reminding residents to follow food safety tips as food poisoning peaks in the summer months. Warmer temperatures cause foodborne germs to flourish; don’t let a foodborne illness ruin your summer fun.

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 grill safety tips from the Centers for Disease Control and Prevention (CDC), visit:

[https://www.cdc.gov/foodsafety/communication/bbq-iq.html](https://www.cdc.gov/foodsafety/communication/bbq-iq.html)

Now, go enjoy the grilling season! Safely.

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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.