



Healthiest Nation 2030

April 3 - 9, 2017



**San Benito County Public Health Services  
wishes you Happy Public Health Week!**

**Wednesday is  
“Healthy Environment”**

Environmental Health is one of the earliest branches of the Public Health movement and in San Benito County, continues to be a critical part of building and maintaining a healthy community here.

#### **What does Environmental Health do?**

Environmental Health protects the public’s health by preventing disease through the regulation of those public facilities which can adversely affect the public by improper safety and hygienic practices. This includes: storage and handling of hazardous materials; food handling procedures at retail food facilities/venues; procedures at body piercing and tattoo facilities; pool and spa safety and much much more. All of this involves activities such as educating the public, permits and onsite inspections—making Environmental Health a very busy department. For more information, see: <http://hhsa.cosb.us/divisions/environmental-health/>

**Here are some tips on Food Safety at home from our Environmental Health department:**

#### **CLEAN**

*Wash hands, wash hands, wash hands!* Also be sure to wash surfaces, utensils and cutting boards before and after food preparation, especially when preparing raw meat, poultry, seafood and eggs.

#### **SEPARATE**

*Don’t cross-contaminate.* Keep raw meat and poultry apart from foods that won’t be cooked.

#### **COOK**

*Cook to proper temperatures.* Use a food thermometer—you can’t tell if food is cooked safely by how it looks! For example, 145°F for steaks, roasts, chops of beef, veal and lamb; 160°F for all pork; 160°F for ground beef, veal and lamb; 165°F for poultry

#### **CHILL**

*Refrigerate promptly.* Chill leftovers and takeout foods within 2 hours; keep the fridge at 40° F or below.

**Also please note, Environmental Health has moved to a new location: 351-C Tres Pinos Rd., Hollister**