



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