Hygiene & Food Safety

Foodborne illness (food poisoning) is fairly common—every year about 48 million people (one in six) in the U.S. become ill from eating contaminated foods. Of those, about 3,000 die. Elderly people are at special risk because they can’t efficiently fight off the bacteria, virus, and parasites that make people sick.

People often think their illness was caused by their last meal, but the time between eating bad food and the onset of illness can vary widely. Usually, you’ll feel sick 1–3 days after eating. But you could become sick anytime from 20 minutes to 3 weeks after eating.

Know the symptoms of foodborne illness: upset stomach, abdominal pain, vomiting, or diarrhea are common. Or, the person in your care may have flu-like symptoms with a fever, headache and body aches. It’s easy to confuse foodborne illness with other types of illness.

At Restaurants
Especially in this time of Covid-19, if you eat out, wipe your table, silverware, plate edges, and drinking glass with a disinfectant wipe and don’t share food. Always order food well done. Doggie bags should be refrigerated within 2 hours; within 1 hour if air temperature is 90°F or above.

At Home
✓ Wash hands with soap before preparing, serving or eating food.
✓ Disinfect sink and kitchen counters with a solution of 4 teaspoons chlorine bleach per quart of water.
✓ Air drying dishes is more sanitary than using a dish towel.
✓ Check expiration dates carefully and discard food that’s expired.
✓ Cook all meat, poultry, and fish thoroughly, to an oven temperature of at least 325°F. Cook hamburgers or chopped meat to an internal temperature of 160°F. (There is much less chance of being infected by a solid piece of meat because bacteria collects only on the outside.)
✓ Check temperature after reheating foods in the microwave oven, allow standing time. Then, use a clean food thermometer to check that food has reached 165°F.
✓ Keep hot foods at 140°F or more and cold foods at 50°F or colder.
✓ Keep refrigerator below 41°F.
✓ Cook eggs until the yolks are no longer runny; never serve raw eggs.
✓ Don’t serve raw oysters, clams, or shellfish.
Avoid unpasteurized milk and cider.

Don’t keep refrigerated leftovers more than 3–4 days. Even if the food looks and smells fine, it may not be safe.

Thaw foods properly.

Separate raw and ready-to-eat foods.

Source: National Institutes of Health; Centers for Disease Control; The Comfort of Home: A Complete Guide for Caregivers

Handwashing: A Healthy Habit in the Kitchen

Handwashing is one of the most important things you can do to prevent food poisoning when you are preparing food. Washing your hands frequently with soap and water is an easy way to prevent germs from spreading around your kitchen and to other foods.

Washing hands is important even if you’re wearing gloves. Be sure to wash your hands before and after using gloves to prevent the spread of germs. You can contaminate gloves with germs from your hands when you put on gloves. Contaminated gloves can spread germs to your hands when you remove the gloves.

Handwashing is especially important during key times when germs can spread. Key times to wash hands in the kitchen:

• Before, during, and after preparing any food.
• After handling raw meat, poultry, seafood, and eggs.
• After touching garbage.
• After wiping counters or cleaning other surfaces with chemicals.
• After touching pets, pet food, or pet treats.
• After coughing, sneezing, or blowing your nose.
• Before eating.

Follow Five Steps to Wash Your Hands the Right Way

Handwashing is one of the most effective ways to prevent the spread of germs, but it’s important to follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Source: CDC Campaign: Life Is Better With Clean Hands; FoodSafety.gov
The mission of the Johnson County Area Agency on Aging is to advocate for and assist older adults in maintaining their independence and dignity through community-based services.

The Area Agency on Aging sponsors services to support non-paid caregivers of frail older adults who need services to maintain independent living.

If you are a caregiver and need help, contact the Johnson County Area Agencies on Aging (AAA) Information Specialist at 913-715-8861.

The AAA works with community-based organizations to provide services for caregivers. These services are funded under the Family Caregiver Support Program (FCSP). There is no fee to the caregiver for these services but donations are appreciated.

**FCSP Services** may include:

- **Respite Care**
- **Supplemental Services** – These services, attendant/person care, bathroom items, chore, homemaker, flex, repair/maintenance/renovation, transportation, are provided on a limited basis to complement the care provided by the caregivers.
- **Services may also be available for Grandparents or Relative Caregivers.**

**HELPFUL WEBSITES:**

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<th>Johnson County Area Agencies on Aging (AAA)</th>
<th>Family Caregiver Alliance</th>
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<th>Aging &amp; Accessibility Directory</th>
<th>National Institute on Aging</th>
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<th>Kansas Department for Aging and Disability Services (KDADS)</th>
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<td><a href="http://www.kdads.ks.gov">www.kdads.ks.gov</a></td>
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<th>Kansas Caregiver Guide</th>
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**Taking Care of Yourself——Stop Touching Your Face!**

It’s a quirk of human nature that we touch our eyes, noses and mouths (the T zone) all day long. Kids do it and adults do it—even gorillas, orangutans and chimpanzees do it. Researchers believe people may touch their faces to soothe themselves in times of stress. But it’s also a major way we pick up infections from the common cold to Covid-19. Our eyes, nose and mouth are all entry points for Covid and many other germs.

To stop the habit, try to be mindful of your hands. Do not cough and sneeze into your hands. If you cannot stop the habit, try wearing gloves. This will serve as a gentle reminder of where your hands are and what they are doing.

Want to improve your chance of avoiding Covid-19? Stop touching your face!


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**Sanitize Sponges**

All it takes is 1 minute on high in the microwave to kill bacteria on your kitchen sponges. Wet them first so they don’t catch fire, and also check that it doesn’t have a metallic scrub pad. If yours does, put it in the dishwasher instead.

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**Inspiration**

The hardest-learned lesson: that people have only their kind of love to give, not our kind.

— Mignon McLaughlin

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**Live Life Laughing!**

Of all the dangerous things I’ve done in my life, I’ll be really upset if I die because I touched my face!

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**Memory Care – Making Decisions**

It is important to keep in mind that the person in the early stage of Alzheimer’s can continue to do many of the things he has always done. However, one important ability that is often lost early is making decisions, even such seemingly simple ones as what to order in a restaurant.
The Aging Network

As a result of 1973 amendments to the 1965 Older Americans Act, federal funding is provided for a network of agencies to coordinate services for the growing population of older Americans. This network includes the federal Administration for Community Living (ACL), state administrative units on aging, more than 655 nationwide Area Agencies on Aging (AAA), and thousands of community-based senior centers and nutrition sites.

The Kansas Department for Aging and Disability Services (KDADS) is the state administrative unit that oversees the operation of 11 state AAAs. Although most AAAs are private, not-for-profit agencies operating in multiple counties, the Johnson County AAA is a public not-for-profit operating as a unit of Johnson County Human Services.

For detailed information, visit www.jocogov.org/hsd.

Receive services or be of service. Both are easy!

Begin receiving aging services. To learn more about any of the services provided through the Johnson County AAA, call an aging information specialist at 913-715-8861.

Become a volunteer. Consider joining the network of dedicated volunteers who help senior adults live in the Johnson County community with independence, dignity, and hope. Volunteers may choose activities that meet their interests and time schedules. The AAA’s priority volunteer program is Meals on Wheels. Call the coordinator of Volunteer Services at 913-715-8859 to learn more or to become a volunteer.

AAA Programs

- **Aging Information and Assistance.** Aging information specialists provide timely, updated facts about aging issues and services over the phone, through email, or in person by appointment.

- **Publications about Aging.** A variety of print and electronic materials provide important information of interest to senior adults and family caregivers.

- **The Best Times**, a quarterly newsmagazine, is available to Johnson County residents 60 and older. The Best Times provides vital information about aging services, programs, organizations, activities, and issues. The publication is also available online. Contact 913-715-8930 concerning subscriptions.

Area Agency on Aging

11811 South Sunset Drive, Suite 1300, Olathe, KS 66061-7056
913-715-8860 phone 913-715-2285 Fax
www.jocogov.org/hsd
Follow the four steps of the Food Safe Families campaign to keep food safe: clean — wash hands and surfaces often; separate — don’t cross-contaminate; cook — cook to the right temperature and chill — refrigerate promptly. Answer True or False to the questions below.

1. People often think their illness was caused by their last meal, but the time between eating bad food and the onset of illness can vary widely.  
   T F

2. Air drying dishes is not more sanitary than using a dish towel.
   T F

3. Doggie bags from restaurants should be refrigerated within 2 hours; within 1 hour if air temperature is 90°F or above.
   T F

4. Don’t keep refrigerated leftovers more than 3–4 days. Even if the food looks and smells fine, it may not be safe.
   T F

5. Unpasteurized milk and cider is safe for anyone.
   T F

6. It’s easy to confuse foodborne illness with other types of illness.
   T F

7. There is no need to wash your hands after touching pets, pet food, or pet treats.
   T F

8. There is much less chance of being infected by a solid piece of meat because bacteria collects only on the outside.
   T F

9. A person in the early stage of Alzheimer’s can continue to do many of the things he has always done but the ability to make decisions is often lost.
   T F

    T F

Name__________________________________________________________

Signature________________________ Date___________________________
AAA Programs

- **Caregiver Support.** Services to support non-paid caregivers of frail older adults who need services to maintain independent living.

- **Homemaker/chore programs.** Ongoing assistance with the upkeep and cleanliness of the home, shopping, and occasional heavy-duty cleaning are available through these programs.

- **Medication management.** Nurses visit private homes regularly to setup medications and monitor their use.

- **Assessment.** An in-home meeting with a potential client to determine needs for services. Additional assistance may be provided to coordinate multiple services if needed.

- **Nutrition Services.** Adults 60 and older in Johnson County have three dining options, based on their needs and preferences. Each meal provides a minimum of one-third of the daily nutritional requirements.

  - **CHAMPSS:** A senior dining option to augment meals at Senior Nutrition Centers, CHAMPSS provides greater time flexibility and more extensive menu selections at local grocery stores. Call 913-715-8894 for information regarding enrollment.

  - **Meals on Wheels:** Volunteers deliver nutritious meals Monday through Friday to senior adults who are homebound.

  - **Senior Nutrition Centers:** Nutritious meals are served at 11:30 a.m. five days a week at six centers. The centers offer friendship, education, fitness, and opportunities for socializing.

    - **De Soto**
      32905 W. 84th St. 913-585-1762
    - **Gardner**
      128 E. Park St. 913-856-3471
    - **Lenexa**
      13425 Walnut St. 913-888-6141
    - **Merriam/Shawnee**
      5701 Merriam Drive 913-677-2048
    - **Overland Park**
      8101 Marty St. 913-648-2949
    - **Roeland Park**
      4850 Rosewood Drive 913-826-3139
    - **Spring Hill**
      401 N. Madison St. 913-592-3180

- **Legal services.** Seniors receive access to legal consultation and representation, education, and assistance with access to government benefits.

- **Personal care.** Attendants help senior adults with bathing, grooming, and other personal care.

- **Respite care.** An in-home substitute caregiver or adult day care can provide temporary relief for non-paid caregivers.

- **A private pay care management service** is offered through the ADRC. This service assists those who need help in setting up services for seniors in Johnson County.
SAFETY TIPS—Grocery Shopping in the Time of Covid-19

The safest way to shop is online delivery. You can pay ahead of time online and have the groceries delivered outside your door with no face-to-face contact. However, if you do go to the grocery store follow these tips:

- Take a disinfectant wipe with you each time you go out. This will remind you not to touch your face and will enable you to avoid touching surfaces, like door handles, that might contain Covid-19.
- When you get home, before touching anything in your house, wash your hands. Then use disinfectant wipes to wipe down your keys, phone, phone case, and door handles. Periodically disinfect your computer keyboard, faucet handles, light switches, and countertops.
- When bringing home take-out food, wipe down all containers. Consider avoiding foods that aren’t cooked (like salads and uncooked vegetables). Wipe down all grocery items.