



## Langlade County Health Department

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**Public Health**  
Prevent. Promote. Protect.  
Langlade County Health Department

News Release

Date: November 7, 2023  
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### FOR IMMEDIATE RELEASE

## Keep Your Holiday Parties Free from Foodborne Illness

With planned gatherings and holiday feasts just around the corner, the Langlade County Health Department is reminding everyone to take steps to protect health and to prevent foodborne illness.

“While the four steps to food safety---clean, separate, cook and chill are important every day, we should pay close attention to them during the holidays,” says Tammy King, RS, Environmental Health Specialist, Langlade County Health Department. “Food is an important part of many holiday celebrations, so we do not want food related illness to ruin your holiday,” she added.

Following these tips can help keep you, your family and friends safe and healthy this holiday season:

- **Clean and Sanitize**  
Wash hands often with soap and water. Wash utensils and surfaces before and after food preparation and especially after preparing raw meats.
- **Separate**  
Do not cross contaminate! Keep raw meats, eggs, seafood and all related juices away from prepared and ready-to-eat foods. A cutting board used for raw meats should not be used for other foods like vegetables, fruits, cheeses, etc.
- **Cook**  
Cook foods to the proper temperature and use a food thermometer to check internal temperatures of food. Do not rely on appearance or touch to determine if food is properly cooked. Remember, leftovers should be re-heated to 165<sup>o</sup> Fahrenheit
- **Chill**  
Refrigerate or freeze leftovers within two hours. Bacteria grow rapidly in the “danger zone” so make sure food stays out of the “danger zone” (40<sup>o</sup>F to 140<sup>o</sup>F).

Symptoms of foodborne illness may include nausea, vomiting, diarrhea, stomach pain or cramps, and fever. For more information on how to stay safe from foodborne illness this holiday season, visit [CDC Food Safety for the Holidays](https://www.cdc.gov/foodsafety/holidays).

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