

**Mayo Clinic Minute: How to avoid foodborne illness**

VIDEO	AUDIO
Pritish Tosh, M.D. Infectious Diseases Mayo Clinic	“There are things about food handling practices within your own kitchen that can help prevent infectious outbreaks of diarrheal diseases.”
<b>Jason</b>	Dr. Pritish Tosh, a Mayo Clinic infectious diseases specialist, says the majority of foodborne illnesses in your kitchen are caused by cross-contamination of raw meat.
<b>Dr. Tosh</b>	“If you have raw meats, handle them carefully. Do not allow the juices or whatever to come in contact with foods you’re about to eat raw.”
<b>Jason</b>	He says when preparing food, hand-washing is crucial.
<b>Dr. Tosh</b>	“[[It’s] absolutely important that, when you go from the handling of the meat to handling really anything else, you are washing your hands.”
<b>Jason</b>	The bacteria you get on your hands from handling a raw piece of chicken can contaminate not only other foods, but also anything else in the kitchen you touch, like a spoon or the countertop.
<b>Dr. Tosh</b>	“The bacteria can stay on that and then cross-contaminate something that’s going to then touch that spoon or that countertop, and then transmit the bacteria to somebody.”
<b>Jason</b>	To avoid that bacteria, anything that could be washed in the kitchen should be washed, including your food and hands.
<b>Jason</b>	For the Mayo Clinic News Network, I’m Jason Howland.