

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#).

Proposed publication date: July 18, 2022

Content provided by: Alberta Health Services

Remember safe food storage and safe drinking water this summer

There's nothing quite like coming together with family and friends to enjoy camping, picnics and barbecuing in summer.

Outdoor barbecuing and picnics may mean limited access to refrigeration and clean water. High temperatures and humidity are ideal conditions for bacterial growth, which causes food-borne illnesses such as E.coli and Salmonella. Simple precautions can prevent illnesses:

- Keep cold foods cold. Pack perishable foods in a cooler with ice or freezer packs to maintain a temperature below 4° C.
- Never use the same plate for cooked and uncooked foods.
- Always cook meats until the internal temperature has reached a safe temperature, measured with a meat thermometer.
- Always wash your hands before and after handling raw meat, and wash all utensils and surfaces immediately after touching raw meat.
- Store food away from animals and never bring food into your tent or sleeping areas.
- Ensure private water supplies are treated and tested annually. Your local Public Health Inspectors can help with water sampling and treatment options. To find the Environmental Public Health office nearest to you, visit: albertahealthservices.ca/eph/eph.aspx or phone 1-833-476-4743.
- When camping, locate a clean potable water source. If not, bring safe water for cleaning, cooking, drinking and hand washing or use boiled or filtered water. Avoid drinking water from lakes, rivers and streams when hiking, camping or fishing. Clear water from mountain streams may look inviting, but it contains harmful parasites such as Giardia which can cause diarrhea and cramps lasting several months.
- Farm-fresh fruit and vegetables are nutritious. But even they need to be washed before you eat. Wash all food from the field before you eat it.
- You may need to contact your local Environmental Public Health office if you contract any food-borne illness to help prevent others from getting sick.

A common sign of food-borne illnesses is diarrhea. You may also feel sick to your stomach, vomit, or have stomach cramps. Some foodborne illness can cause a high fever and blood in

your stool. Most of the time, foodborne illnesses are mild and go away after a few days. Drink plenty of fluids and rest.

If you are not getting better or vomiting and diarrhea are severe, contact your doctor or call Health Link at 811 to speak with a registered healthcare professional.