



Bell County Public Health District

www.bellcountyhealth.org

Phone: 254-773-4457

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Bell County, Texas -- The Bell County Public Health District (BCPHD) staff hopes that everyone has a wonderful 4th of July holiday. In preparation for that, however, we also want to offer a few reminders about firework and food safety:

Firework Safety

1. Be sure that there are no bans on fireworks in your area before buying or using them.
2. Make sure that adults are watching all activities and never allow children to light or play with fireworks. We're counting sparklers too! They can reach very high temperatures and cause severe burns.
3. Make sure you know and follow all safety precautions if lighting fireworks. Here are some tips on [firework safety](#).

Food and Cooking Safety

1. Use the grill in an open area away from your home. Do not place the grill under any overhangs or trees that might catch fire.
2. Clean your grill before using it; this includes the grease collection tray.
3. Keep kids and pets away from the grill while cooking.
4. Wash your hands! This is one of the most important things to avoid foodborne illness. The most important times to wash those hands are:
 - Before, during, and after preparing food
 - Before eating food
 - Before and after caring for someone who is sick
 - Before and after treating a cut or wound
 - After using the toilet
 - After changing diapers or cleaning up a child who has used the toilet
 - After blowing your nose, coughing, or sneezing
 - After touching an animal, animal feed, or animal waste
 - After handling pet food or pet treats
 - After touching garbage



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5. Use a food thermometer to ensure food is cooked thoroughly.
 - Beef, pork, lamb and veal should reach 145°F with three minutes of rest.
 - Ground beef should reach 160°F
 - Poultry should reach 165°F
 - Ensure that any leftovers are refrigerated within 2 hours of cooking.