AgelessCoach™
AGE STRONG. LIVE LONG.

Food Recall: Four Steps, Five Signs

The four steps FDA names once a recall reaches your kitchen, and the five symptoms CDC says mean see a doctor.

✓ **Verified against published guidance** from FDA, CDC & UCLA Health · sources below

See a doctor for bloody diarrhea, diarrhea lasting more than three days, a fever over 102 degrees Fahrenheit, vomiting so often you cannot keep liquids down, or signs of dehydration. CDC also says to see your doctor if you are pregnant and have a fever with other flu like symptoms.

✓ Do This

Read The Notice First
- Follow product specific steps
- Label photos are included
- Match the lot code, not the brand

COACH'S TIP FDA says read it carefully.

Return It Or Bin It
- Often refundable at the store
- Then put it in the trash
- Wrap contaminated food securely

COACH'S TIP A refund is usually offered.

Clean The Refrigerator
- Inside walls and shelves
- Utensils that touched the food
- Cutting boards and countertops

COACH'S TIP FDA names all four surfaces.

Sanitize After Washing
- One tablespoon chlorine bleach
- Dry with a fresh cloth
- To one gallon of hot water

COACH'S TIP Washing alone is not enough.

Wash Your Hands After
- Warm water and soap
- Before you touch other food
- After the cleaning is done

COACH'S TIP FDA lists this last.

Watch For Five Symptoms
- Bloody diarrhea, or past 3 days
- Vomiting, or dehydration signs
- Fever over 102 degrees

COACH'S TIP CDC names these five.

✗ Do Not

Do Not Trust The Smell Test
- Germs do not change the smell
- Nor does a missing allergen
- Nor do glass or metal pieces

COACH'S TIP The notice is the only signal.

Do Not Cook It Instead
- Heat does nothing to glass
- Follow the notice instructions
- Heat does nothing to allergens

COACH'S TIP Cooking is not a fix.

Do Not Pass It Along
- Not to a food bank
- Not to a pet
- Not to another household

COACH'S TIP FDA says none of the three.

Do Not Skip The Surfaces
- Fridge shelves hold residue
- So do utensils
- So do boards and counters

COACH'S TIP Most people skip this step.

Do Not Wait Out Bloody Diarrhea
- CDC lists it first
- Call rather than watch
- It is not wait and see

COACH'S TIP That one means call.

Do Not Assume Age Is Neutral
- Older adults are higher risk
- So is a weak immune system
- So are young children

COACH'S TIP UCLA Health names all three.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

48 million	cases of foodborne illness a year, UCLA Health
3 days	of diarrhea means see a doctor, CDC
102 F	is the CDC fever threshold

Sources: FDA, CDC, UCLA Health. **Educational content, not medical advice.** Talk with your doctor.