

# Did you know?



**Your kitchen  
could be a  
source of illness!**



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Joaquín and Imelda Valdez work in a fruit and vegetable packing plant. They have two children, Jorge and Antonio. Relatives usually stay with them for months at a time.



Monday 6:00 a.m.

Today, I've got a craving for fajitas. Joaquín, put the frozen chicken on that cutting board before we go to work so it will defrost in time for dinner.



After work.

Imelda, let's hurry and get the vegetables so we can get back home in time for the soap opera.



You are right, baby. Let's just finish getting the tomatoes and lettuce for the fajitas. Then we'll buy eggs for breakfast.

Imelda and Joaquín return from the supermarket. Imelda begins to prepare the fajitas.



Imelda cuts the raw chicken on the same cutting board as the fresh vegetables that they will eat in their fajitas.



Joaquín, help me cut the vegetables.

Where? Here?



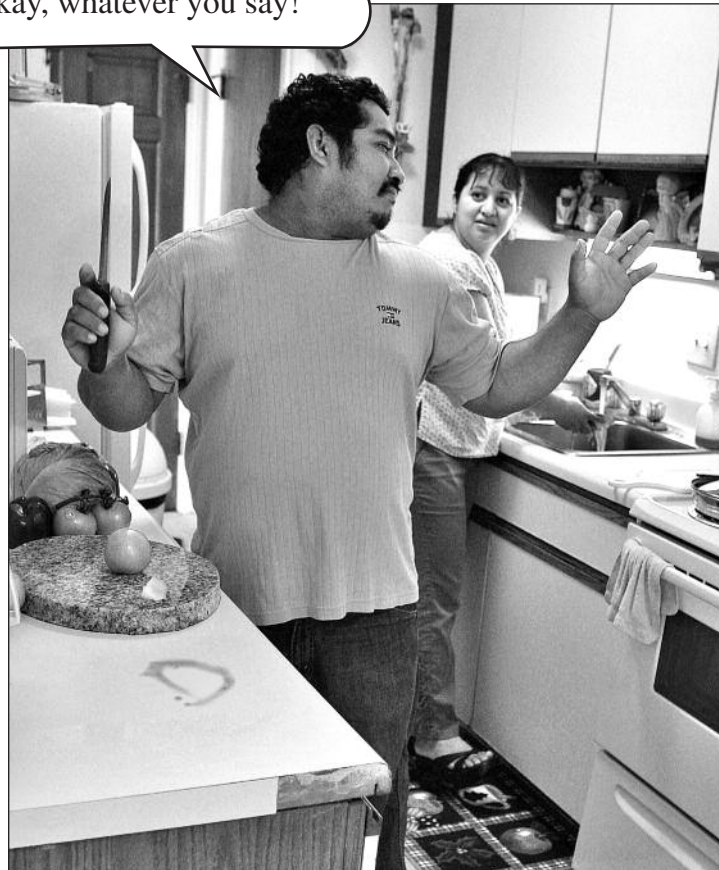
Yes . . . use that cutting board where I cut the chicken. Chop everything that's needed so I can get dinner ready quickly.

Hey honey, the cutting board has juice and pieces of chicken. Don't you think we should wash it?



No, don't worry, Joaquín. Heat kills everything when we cook the food.

Okay, whatever you say!



Everyone eats, but no one washes their hands before eating.



Thanks Mom! The fajitas taste great!



Monday 7:00 p.m.

Honey, clean up later, the soap opera is about to start. You can wash the dishes tomorrow.



Everybody watches the soap opera.



Monday 11:30 p.m.



I want to put these leftover fajitas in the refrigerator before we go to bed.

Wednesday . . . 2 days after eating the fajitas.

☀ Wednesday 3:30 p.m.

Mommy, I don't feel good. My stomach hurts and I had diarrhea at school today.



My, you feel hot, you may have a fever.



☀ Wednesday 4:30 p.m.

Joaquín, you are home early today . . . Are you feeling okay?



I started feeling terrible today around lunch time. I had some stomach cramps. Then a little while ago, I had diarrhea and threw up so I had to come home.

I am worried. Jorge also came home from school feeling sick. Both of us have stomach cramps.

# Now I Know!



**Good hygiene protects  
me and my family.**



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