



OCTOBER 2026

THE POISON PREVENTION SCRIPT

Food Poisoning Prevention

Fall is here and the temperatures in Arizona are becoming bearable again. This time of the year means more excuses to see each other and with that more meals shared with loved ones. While preparing meals and traveling to different homes may be stressful, we hope that the risk of food poisoning becomes one less stress you have to worry about. Learn more about preventing foodborne illnesses, what to look for with food poisoning symptoms and help us say hello to our featured critter of the month.



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Ridgenose Rattlesnake

ARIZONA
Poison and Drug
Information Center



 1-800-222-1222



Food Poisoning Prevention

What is Food Poisoning?

The food we eat can become contaminated with bacteria, parasites, or viruses causing it to become spoiled and unsafe to eat. Mishandling during food preparation or prepared foods falling into the danger zone are common culprits of foodborne illnesses.

What is the Danger Zone?

The "danger zone" is a temperature range, typically between 40 degrees and 140 degrees Fahrenheit where bacteria grow and multiply rapidly in food. Never leave food out of refrigeration for over 2 hours. If the temperature is above 90 °F, food should not be left out for more than 1 hour.

- When in doubt remember "Keep hot food hot and cold food cold"

I have Food Poisoning. Now What?

Food poisoning symptoms usually occur the day after eating something bad. Most of the time, people recover after a few days and do not have lasting effects. Symptoms can range from mild to serious. The following are symptoms of food poisoning:

- Abdominal cramps
- Dehydration
- Diarrhea
- Fever
- Nausea
- Upset stomach
- Vomiting

See a healthcare professional or get emergency care if you have:

- Nervous system symptoms, such as blurry vision, muscle weakness and skin tingling.
- Changes in thinking or acting.
- Fever of 103 degrees Fahrenheit (39.4 degrees Celsius) or higher.
- Vomiting often.
- Loose stool that lasts more than three days.
- Symptoms of dehydration. These may include great thirst, dry mouth, little or no urination, and feeling weak, dizzy or lightheaded.

When in doubt call Arizona Poison and Drug Information center at 1-800-222-1222 to ask questions, receive treatment advice, or learn more about food poisoning.

For more information:



Scan the QR code or
visit our website,
azpoison.com for more
information.





Preventing Foodborne Illness:

- Limit time in the danger zone: Do not leave perishable food in the danger zone for more than two hours
- Refrigerate or discard: Refrigerate leftovers within two hours or discard them if they have been in the danger zone for too long
- Keep raw meats away from fruits, vegetables, and cooked food—do not put them on the same plate
- Thaw foods in the refrigerator or microwave
- Wash your hands, kitchen tools, cutting boards, and counters with warm, soapy water before and after handling raw foods
- Wash all fruits and vegetables with running water before eating



In the Community: Upcoming October Events

Next month is a busy time for our educators as they attend various fall health fairs. Some upcoming events include:

Northwest Women's Center Annual Trunk or Treat:

Please join us for Northwest Medical Center - Women's Center Annual Trunk or Treat! Wear your best costumes and join us for some spooktacular fun for the whole family! October 28th from 4:30 - 6:30 pm at Northwest Women's Center

Cochise County Justice and Care Collective:

The Justice and Care Collective brings together court resources and local service providers in one place to connect you with FREE help and support. Thursday, October 15 from 1:00–4:00 PM at the Benson Community Center

NORTHWEST WOMEN'S CENTER INVITES
YOU TO OUR ANNUAL

TRUNK-OR-TREAT

Wear your best costumes and join us
for sweet treats and family fun!

OCT 28 : WOMEN'S CENTER
4:30 P.M. - 6:30 P.M. : SOUTHEAST PARKING LOT
1920 W. RUDASILL RD.

 **NORTHWEST
WOMEN'S CENTER**



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Staff Spotlight/ Critter of the Month: Arizona Ridgenose Rattlesnake



Arizona Ridgenose Rattlesnake is one of the smallest rattlesnakes in Arizona. Found in small isolated mountainous regions of southeastern AZ. Referred to as a "Montane" species due to inhabiting higher elevations. The Arizona Ridgenose Rattlesnake's coloration is a rust or cinnamon color with light broken crossbands. The face has a prominent white strip. The preferred habitat is wooded rocky areas with leaf litter and streambeds. Usually around 4,000 to 8,000 feet in elevation.