# High-Risk Food Safety

This playbook provides guidelines for ensuring food safety for high-risk populations including pregnant women, the elderly, and immunocompromised individuals. It aims to reduce the risk of foodborne illnesses through special considerations.

### Step 1: Identify Risk

Determine if the individual falls into a high-risk category such as being pregnant, elderly, or immunocompromised.

### Step 2: Educate Clients

Provide information to the individuals about the increased risk of foodborne illnesses and the importance of food safety.

### Step 3: Safe Handling

Instruct on proper food handling techniques, including thorough washing of hands and surfaces, to prevent contamination.

### Step 4: Proper Storage

Advise on proper food storage methods including recommended temperatures and separation to avoid cross-contamination.

### Step 5: Cooking Temperatures

Educate on the importance of cooking foods to the right temperatures to kill harmful bacteria, providing a temperature chart if possible.

### Step 6: Food Choices

Recommend safe food choices and identify high-risk foods that are best avoided, such as unpasteurized products and raw seafood.

### Step 7: Symptom Reporting

Inform about the symptoms of foodborne illnesses and stress the importance of prompt medical assistance if symptoms occur.

### Step 8: Regular Check-ups

Encourage regular health check-ups to monitor for potential food-related health issues.

## General Notes

### Resources

Provide a list of resources such as websites, hotlines, and support groups that specialize in high-risk food safety.

### Personalization

Tailor advice and resources to the specific needs and conditions of the individual for more effective preventative measures.