

# RINSE • COOK • FREEZE

## Prevent Rat Lungworm Disease



In the kitchen:

WASH your hands with soap and water.

### RINSE

SEPARATE the leaves and sections.  
LOOK. (Inspect for slugs and other debris.)  
RINSE with clean running water. (Additives don't add any benefit.)  
LOOK again. (Recheck for what you may have missed.)  
RINSE. (Rinse again before preparing.)

### COOK

RINSE well. COOK to 165°F.

### FREEZE

RINSE well. FREEZE for 24-48 hours) before preparing.

For more information on Rat Lungworm Disease, see the CTAHR Farm Food Safety website:

<http://manoa.hawaii.edu/ctahr/farmfoodsafety/rat-lungworm/>



COOPERATIVE EXTENSION  
UNIVERSITY OF HAWAII AT MĀNOA  
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES



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