

# Prevent Rat Lungworm Disease



## In the kitchen:

**WASH** your hands with soap and water. **CLEAN** your kitchen surfaces, cutting boards and utensils.

## RINSE

**SEPARATE** the leaves and sections.  
**LOOK.** (Inspect for slugs and other debris.)  
**RINSE** with clean potable 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.

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

