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/