KEEP CALM
EAT, GROW, & BUY
FRESH FRUITS & VEGGIES!

ENJOY LOCAL HARVESTS & BEFORE YOU EAT FRESH FOOD:

CHECK - Carefully check fruits and vegetables for slugs/snails/flatworms (if these are found on any part of the produce, don’t eat any of it);

CLEAN - Wash your fruits & veggies thoroughly with potable running water. Separate (wash & dry) each leaf. Always wash your hands with soap & water.

COOK - Where there is concern about contamination, cook until 165 °F (boil or steam for 5 min).
FOR MORE INFORMATION ON RAT LUNGWORM, VISIT: http://health.hawaii.gov/docd/disease_listing/rat-lungworm-angiostrongyliasis/
Things we can do to be healthy:

* Carefully clean and check fruits and vegetables before eating them.
* Bring in pet food and water dishes at night. Animals can get rat lungworm too. A slug or snail might crawl into the dish and be eaten by your pet.
* Clean up litter, such as old plastic flowerpots. Slugs and snails like to hide inside and underneath plastic.
* Clean up fallen fruits and vegetables. Rats and slugs love to eat them.
* Educate family and friends: Teach them what you’ve learned and spread the news.
* Slug and rat control. Reducing host numbers helps our families & pets to stay healthy.
* Stay away. Don’t touch slugs and snails.