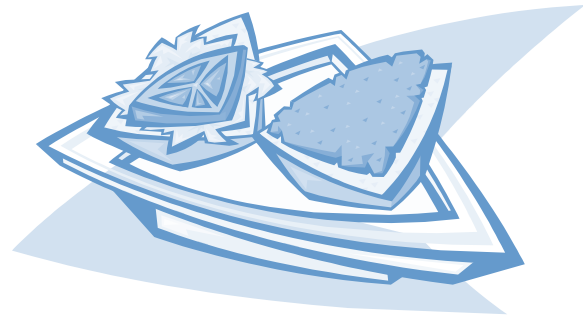


Growth Rate of Bacteria Under Ideal Conditions

Time in Hours - Number of Bacteria

00:00 - 1
 00:20 - 2
 00:40 - 4
 01:00 - 8
 01:20 - 16
 01:40 - 32
 02:00 - 64
 02:20 - 128
 02:40 - 256
 03:00 - 512
 03:20 - 1,024
 03:40 - 2,048
 04:00 - 4,096
 04:20 - 8,192
 04:40 - 16,384
 05:00 - 32,768
 05:20 - 65,536
 05:40 - 131,072
 06:00 - 262,144
 06:20 - 524,288
 06:40 - 1,048,576
 07:00 - 2,097,152
 07:20 - 4,194,304
 07:40 - 8,388,608
 08:00 - 16,777,216
 08:20 - 33,554,432
 08:40 - 67,108,864
 09:00 - 134,217,728
 09:20 - 268,435,456
 09:40 - 536,870,912
 10:00 - 1,073,741,824
 10:20 - 2,147,483,648
 10:40 - 4,294,967,296
 11:00 - 8,589,934,592
 12:00 - 68,719,476,736
 13:00 - 549,755,813,888
 14:00 - 4,398,046,511,104
 15:00 - 35,184,372,088,832
 16:00 - 281,474,976,710,656
 17:00 - 2,251,799,813,685,248
 18:00 - 18,014,398,509,481,984
 19:00 - 144,115,188,075,855,872
 20:00 - 1,152,921,504,606,846,976
 21:00 - 9,223,372,036,854,775,808
 22:00 - 73,786,976,294,838,206,464
 23:00 - 590,295,810,358,705,651,712
 24:00 - 4,722,366,482,869,645,213,696



Limit for pasteurized milk

Exceeds limit for cooked, "Ready to Eat" foods such as stews, soups and roasts

Exceeds limit for ground meats "to be cooked"

Avoid the Danger Zone!

When foods are held at temperatures between 4°C and 60°C, bacteria have the opportunity to grow and multiply to extremely high numbers. This includes bacteria that can cause serious illnesses such as *E. coli*, *Salmonella*, *Campylobacter*. It is important to always ensure that you:

- CLEAN:** Wash hands and surfaces often
- SEPARATE:** Don't cross-contaminate
- COOK:** Cook to proper temperature
- CHILL:** Refrigerate promptly

4.7 Sextillion or almost 5 Million Trillion Bacteria!

For more information, please contact your nearest Environmental Public Health office.