

- Quickly freeze or refrigerate all ground meat and other perishable foods.
- Never thaw food on the counter or let it sit out of the refrigerator for more than 2 hours.
- Wash hands, utensils, and work areas with hot, soapy water after contact with raw meat to keep bacteria from spreading.
- Check ground meat with a fork to make certain no pink is showing before taking a bite.
- Cook all dishes made with ground meat until brown or gray inside or to an internal temperature of 71° C (160° F).

Meticulous attention to perianal hygiene, disposal of soiled diapers, proper hand washing, and isolation of infected persons also minimize the transmission of infection (see [Infection Control, Chapter 6](#)).

Parents need information about preventing diarrhea while traveling. Caution them against giving their children adult medications that are used to prevent traveler's diarrhea. The best measure during travel to areas where water may be contaminated is to allow children to drink only bottled water and carbonated beverages (from the container through a straw supplied from home). Children should also avoid tap water, ice, unpasteurized dairy products, raw vegetables, unpeeled fruits, meats, and seafood.

Constipation

Constipation is an alteration in the frequency, consistency, or ease of passing stool. It is defined as a decrease in bowel movement frequency or increased stool hardness for more than 2 weeks ([Greenwald, 2010](#)). Constipation is an alteration in the frequency, consistency, or ease of passing stool. The frequency of bowel movements varies by age, but most children have an average of 1.7 stools per day at 2 years old and an average of 1.2 stools per day at 4 years old or older ([Petersen, 2014](#)). Constipation is often associated with painful bowel movements, blood-streaked or