

# Newsletter issued by Forensic Nursing, Inc.

# Talking Points



July / August 2010



Mary Jane Barrett, M.S., R.N.

Nurse Consultant

Certified Case Manager

Certified Legal Nurse Consultant

Certified Medical Investigator III



*"Travel & change of place impart  
new vigor to the mind."  
Seneca*

13 O'Brien Avenue  
Whitefish, MT 59937  
Phone: (406) 257-8658  
Fax: (406) 257-8553  
email:  
mjb@mjnurse.com

## TRAVELING BY AIRPLANE? FIRST CLASS BACTERIA

FDA inspectors recently uncovered some shocking conditions in the airline catering services facilities at a number of airports around the country. So, if you are *flying first class* here is some information you should have.

- "FDA inspectors found live roaches & dead roach carcasses '*too numerous to count*' in the Denver facility of LSG SkyChefs, the world's largest airline caterer. Same thing at the Minneapolis facility.
- FDA inspectors found ants, flies, debris & employees handling food with bare hands.
- Listeria, a bacteria that can cause serious & sometimes fatal infections in children, the elderly & people with compromised immune systems & pregnant women, was found in the facility.

[*Listeria monocytogenes* is found in soil & water].

The report wasn't confined to SkyChefs. Gate Gourmet & Flying Food Group, the next two largest catering companies, were also cited for serious health violations. [How does that extra leg room & wider seat seem now?].

- Other violations included not keeping meat, seafood & fish at proper temperatures.
- All of the items that come down the aisle in the service carts...cups, ice, soft drink cans...all are from the catering services.
- The '*danger zone*' for temperatures for meat, seafood & fish is between 40 degrees & 160 degrees F. When the FDA inspectors pointed this out the employees did not dispose of the products."

Point of this information: When traveling by airplane it is probably best to not accept or buy airline food...bring your own food...get through security & then buy something to drink.

USA Today

July 2010

### Travel Tips

- **BEDBUGS:** Before booking a room log on to [BedbugRegistry.com](http://BedbugRegistry.com) The site tracks infestation spots.
- **JET LAG:** Sip water. Dehydration spikes stress hormone levels, keeping you alert & awake.
- **VACATION POUNDS:** Staying active is a great way to see the sights. Use [MapMyRun.com](http://MapMyRun.com) to find jogging routes or [BikeAndRoll.com](http://BikeAndRoll.com) to schedule a bike tour or rental. *Self.com 2010*