

## Food Safety- At home!

### Salmonella

Salmonellosis is an infection with bacteria called *Salmonella*. Most persons infected with *Salmonella* develop diarrhea, fever, and abdominal cramps 12 to 72 hours after infection. The illness usually lasts 4 to 7 days, and most persons recover without treatment. However, in some persons, the diarrhea may be so severe that the patient needs to be hospitalized. In these patients, the *Salmonella* infection may spread from the intestines to the blood stream, and then to other body sites and can cause death unless the person is treated promptly with antibiotics. The elderly, infants, and those with impaired immune systems are more likely to have a severe illness.

You CAN reduce your risk!



### How do you get it?

*Salmonella* live in the intestinal tracts of humans and other animals, including birds. *Salmonella* are usually transmitted to humans by eating foods contaminated with animal feces. Contaminated foods usually look and smell normal.

### Food handling at home



**Cooked eggs  
Are OK!**

Foods of animal origin may be contaminated with *Salmonella*; people should not eat raw or undercooked eggs, poultry, or meat. Raw eggs may be unrecognized in some foods, such as homemade, homemade egg nog, cookie dough, and frostings. Poultry and meat, including hamburgers, should be well-cooked, not pink in the middle. Persons also should not consume raw or unpasteurized milk or other dairy products. Produce should be thoroughly washed.



### In your kitchen!

Plastic boards are the 'safest' as they are the easiest to clean and sanitize, and the smaller ones can be placed in the dishwasher.

Cross-contamination of foods should be avoided. Uncooked meats should be kept separate from produce, cooked foods, and ready-to-eat foods. Hands, cutting boards, counters, knives, and other utensils should be washed thoroughly after touching uncooked foods. Hand should be washed before handling food, and between handling different food items.



## Take Control Reduce Your Risk

People should wash their hands after contact with animals. Reptiles are particularly likely to have *Salmonella*. Reptiles (including turtles) are not appropriate pets for small children and should not be in the same house as an infant. Children can be exposed to the bacteria by simply holding, cuddling, or kissing birds. Children should not handle baby chicks or other young birds. Everyone should immediately wash their hands after touching birds, including baby chicks and ducklings, or their environment.



## Take Control!

Make an assessment of your family and personal risk:

1. Food handling at home?
2. Hand washing after pets?
3. Use or raw egg products?
4. Check out hygiene of Restaurants?
5. Plastic cutting boards?
6. Toss leftovers after 2 days?

## Restaurants- Eating out

Thorough cooking kills *Salmonella*. Food may also become contaminated by the hands of an infected food handler who did not wash hands with soap after using the bathroom.

- Poor Hygiene in restaurants can be a source of contamination
- Observe the food handling at the places you eat out.
- Make hygiene a priority in your restaurant choices!
- If you see poor hygiene don't go back.
- Speak up and let the management know your concerns

**Thank You, for taking time to think about your Health!**

Pay attention to food recalls.

[http://www.cdc.gov/nczved/dfbmd/disease\\_listing/salmonellosis\\_gi.html#1](http://www.cdc.gov/nczved/dfbmd/disease_listing/salmonellosis_gi.html#1)

<http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>

[www.foodsafety.gov](http://www.foodsafety.gov)

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We are fighting for your life because we care.....