

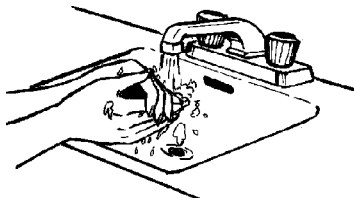


## Preventing Salmonellosis

**Salmonellosis is a food poisoning. It is caused by bacteria known as *salmonella*. These bacteria grow on animal products such as raw and undercooked meats, poultry and eggs. Bacteria also grow on unpasteurized or raw milk and cheese. The bacteria spread to cooked foods by unwashed hands and dirty work surfaces. Small children and the elderly are at high risk for salmonellosis. But it is easy to prevent.**

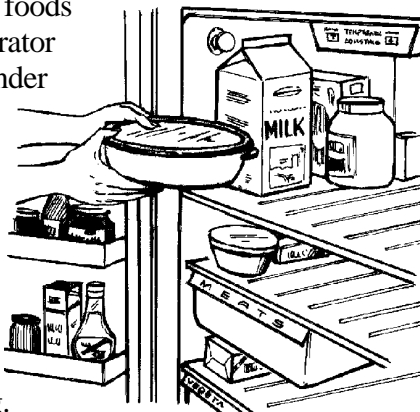
### Avoiding Bacteria:

**Always** wash hands with soap and hot water, before, during and after handling food.



Wash all knives, cutting boards and counter tops with hot, soapy water. Do not let raw meat and poultry, or their juices touch cooked meat or any other food.

Do not thaw foods on the kitchen counter. Thaw frozen foods in the refrigerator or in a bag under cold water. Refrigerate all cooked foods in shallow containers within 2 hours after cooking.



### SALMONELLOSIS SYMPTOMS

Occur 6 to 48 hours after eating. They may last 2 to 7 days.

Nausea and dizziness

Stomach cramps

Mild fever

Vomiting

Diarrhea

Chills



Cook all foods thoroughly. Bring sauces and gravies to a rolling boil.

