

FOOD SAFETY NEWS YOU CAN USE!

Salmonella

Reports of *Salmonella* outbreaks have been in the news since release of the Fall 2010 food newsletter. In Illinois and other Midwestern states a recent outbreak involved consumption of sandwiches containing various sprouts.

Most persons infected with *Salmonella* develop diarrhea, fever, and abdominal cramps 12 to 72 hours after infection. Onset of symptoms may be delayed beyond 72 hours if fewer organisms are ingested. 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.

Salmonella infection may spread from the intestines to the bloodstream, 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 from *Salmonella* infection.

Salmonella live in the intestinal tracts of humans and other animals, including birds. Humans are usually infected by eating foods contaminated with animal feces. Contaminated foods are

often of animal origin, such as beef, poultry, milk or eggs, but any food, including fruits and vegetables may become contaminated during growth, harvesting or distribution. Contamination of food cannot be verified visually.

Person-to-person transmission of salmonella occurs when an infected person's feces, unwashed from his or her hands, contaminates food during preparation or comes into direct contact with another person. Salmonella can also be acquired directly from animal exposure including pets, birds, fish, dogs, cats and turtles or from handling animal feed.

Control of the bacteria involves practicing good personal hygiene (thorough hand washing before preparing food, and after handling raw meats or using the restroom); cleaning and sanitizing food contact surfaces before and after preparation (utensils, cutting boards) and thorough cooking of raw foods.

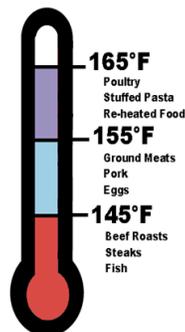
Use a metal stem thermometer to ensure foods have been cooked to a high enough temperature to kill the bacteria. Refrigerate leftovers within 2 hours of serving time.

Because fruits and vegetables have been identified as a source

of Salmonella, it is important that these foods be thoroughly washed in running potable water before they are consumed.

Those who work in food service, health and day care or any other occupation where the bacteria can be spread should not report to work while infectious.

Contact your physician if you experience symptoms.



Food-borne illness is preventable. If you suspect that a food-borne illness has occurred associated with consumption of food from your establishment, contact the Department of Health for investigation. Staff can be reached at 815-334-4585, Monday through Friday

TOPICS IN THIS ISSUE:

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- ⇒ *Email Request*
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Environmental Health Web page

Did you know... That the Environmental Health web page provides information on food recalls?

The web page provides an up-to-date list of foods that have been recalled along with the reason for the recall and a web link for further instructions on the recall.

To view the food recall list and other information visit our web page at:
www.mcdh.info

Email Request

The Division of Environmental Health is requesting that food establishment operators submit their email address to the Department for emergency or other time sensitive information. Please include an email address on your permit renewal applications. Only one email is needed per establishment.

McHenry County
Department of Health
Division of Environmental Health
2200 N Seminary Ave.
Woodstock, IL 60098
815-334-4585
Fax 815-334-4637



Important Information from:

**McHenry County Department of Health
Division of Environmental Health**

ANNUAL FOOD ESTABLISHMENT TRAINING

The McHenry County Department of Health—Division of Environmental Health will be providing the annual trainings to all **Category I (High Risk)** and **Category II (Medium Risk)** food facilities on five dates:

The training will focus on ***Personal Hygiene and Handwashing*** requirements.

All food establishments are encouraged to attend one of the trainings. Facilities in "good standing" (no repeat critical violations - 4 or 5 pt - or rating scores less than 80 in 2010) will be given credit for one full inspection.

DATES:

Monday April 11th

Tuesday May 17th

Monday June 20th

Monday July 18th

Tuesday August 16th

LOCATIONS:

McHenry County Administration Building
Conference Room B and C
667 Ware Road
Woodstock, IL 60098

McHenry Township Office
3703 N. Richmond Rd
Johnsburg, IL 60050

Algonquin Township Office
3702 U.S. Highway 14
Crystal Lake, IL 60014

McHenry County Administration Building
Conference Room B and C
667 Ware Road
Woodstock, IL 60098

McHenry County Animal Control
100 N Virginia Street
Crystal Lake, IL 60014

TIME: 2:00-3:30 pm

RSVP: McHenry County Department of Health
815.334.4585

**To schedule separate group trainings, please contact*

Kristina Sauter– Environmental Health Educator at 815-334-4585