



10-07-O

For Immediate Release

May 20, 2010

www.buttecounty.net/publichealth

Phone:

(530) 895-6565- Chico
(530) 538-7583- Oroville

Fax:

(530) 891-2873- Chico
(530) 538-2164- Oroville

Mailing Address:

695 Oleander Avenue
Chico, CA 95926

202 Mira Loma Drive
Oroville, CA 95965

PUBLIC HEALTH WARNS OF INCREASE IN SALMONELLA CASES

BUTTE COUNTY, Calif. — Butte County Public Health Department has recently seen an increase in the number of reported Salmonella cases. The cause of the increase has yet to be determined, and an ongoing investigation is taking place.

“Although we usually see an increase in foodborne illnesses this time of year, the recent increase in Salmonella cases is higher than expected,” stated Mark Lundberg, M.D., Health Officer at Butte County Public Health Department. “We want the public to be aware of the risk, and to take preventative steps to protect themselves from foodborne illness.”

Salmonella, the name of a group of bacteria, is the most common cause of foodborne illness, (also known as “food poisoning”) in the United States. Symptoms include diarrhea, fever, abdominal cramps, and vomiting. Usually, symptoms last 4-7 days and most people get better without treatment, but Salmonella can be more serious in older adults, infants, and persons with chronic illnesses.

“Anyone suffering from symptoms of foodborne illness should stay home from work, and get plenty of rest,” stated Lundberg. “Drinking lots of fluids will help prevent dehydration. Seek medical care if symptoms are moderate to severe.”

Salmonella occurs in raw poultry, eggs, beef, and sometimes on unwashed fruit and vegetables. Because these foods 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 Hollandaise sauce, Caesar and other homemade salad dressings, tiramisu, homemade ice cream, homemade mayonnaise, cookie dough, and frostings.

Poultry and meat, including hamburgers, should be well-cooked until no longer pink in the middle. A good rule of thumb is to cook to 165° F. Using a food thermometer is the best way to insure that meats are adequately cooked. Persons also should not consume raw or unpasteurized milk or other dairy products. Produce should be thoroughly washed.

PUBLIC HEALTH WARNS OF INCREASE IN SALMONELLA CASES— 2

The Food and Safety Inspection Service at the U.S. Department of Agriculture, [www.fsis.usda.gov/Food Safety Education](http://www.fsis.usda.gov/Food_Safety_Education) provides the following tips on how to protect your family from food-borne illness:

- **Clean** – Wash hands and surfaces often.
- **Separate** – Don't cross contaminate.
- **Cook** – Cook to proper temperatures.
- **Chill** – Refrigerate promptly.

For more information on foodborne illnesses go to the Butte County Public Health website at <http://www.buttecounty.net/publichealth/cder/foodborne.html>.

###

For further information, contact: Dr. Mark Lundberg, Health Officer,
Telephone (530) 538-7583, Fax (530) 538-2164, or E-mail: mlundberg@buttecounty.net.

Butte County Public Health Department

Our Mission: To protect the public through promoting individual,
community and environmental health.