

Proper hygiene prevents Salmonella infection

SANTA FE – The New Mexico Department of Health is working with the Centers for Disease Control and Prevention and the United States Department of Agriculture on a multi-state cluster of Salmonella infections linked to ground beef.

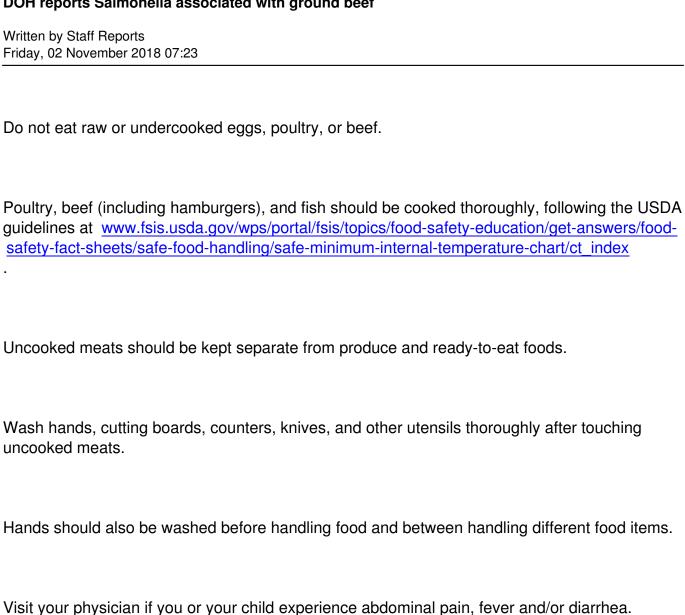
Since late August, NMDOH has identified 30 New Mexico residents that were diagnosed with Salmonella after preparing ground beef at home. Illness duration has averaged 13 days and 27 percent of patients were hospitalized.

"Salmonella infection can be a very serious and sometimes deadly illness," Department of Health Secretary Lynn Gallagher said. "Cross-contamination from raw meats to counter tops, utensils, and cutting boards can spread illness. We urge families to cook meats according to the USDA suggested cooking temperatures and to wash hands and utensils after handling raw meats."

Early symptoms of Salmonella in people include fever, diarrhea and stomach pain, and can develop one to three days after exposure to contaminated meats. Other symptoms might include nausea, chills or headaches.

NMDOH recommends New Mexico residents take the following measures to prevent illness:

DOH reports Salmonella associated with ground beef



Learn more about Salmonella, visit: www.cdc.gov/salmonella/index.html