

***Salmonella* Heidelberg
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12 August 2011

The Centers for Disease Control have reported an outbreak of *Salmonella* Heidelberg possibly linked to ground turkey. A total of 77 people from 26 states have been affected. Ohio, Michigan, Texas, and California reported the most cases. No cases have been reported in Colorado.

Cargill Meat Solutions Corporation, a Springdale, Arkansas establishment, is recalling approximately 36 million pounds of ground turkey products that may be contaminated with the multi-drug resistant strain of *Salmonella* Heidelberg. The products subject to recall bear the establishment number "P-963" inside the USDA mark of inspection and have "use or freeze by" dates between 2/20/11 and 8/23/11. A full list of recalled products can be found at: (Copy and paste link in your browser)

http://www.fsis.usda.gov/News_&_Events/Recall_060_2011_Release/index.asp

The Fort Carson Preventive Medicine Department is participating in this ongoing investigation. All areas of Fort Carson have been checked and none of the recalled products were present on post.

People can reduce their risk of *Salmonella*, and other food-borne illnesses, by taking the following precautions:

- Wash hands, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry including frozen, fresh ground turkey. Then, disinfect the food contact surfaces using a freshly prepared solution of 1 tablespoon unscented liquid chlorine bleach to 1 gallon of water.
- Cook poultry thoroughly. Always cook ground turkey and ground turkey dishes to 165°F internal temperature as measured with a food thermometer; leftovers also should be reheated to 165°F. The color of cooked poultry is not always a sure sign of its safety. By using a food thermometer one can accurately determine that poultry has reached a safe minimum internal temperature of 165°F throughout the product. Turkey can remain pink even after cooking to a safe minimum internal temperature of 165°F. The meat of smoked turkey is always pink. Be particularly careful with foods prepared for infants, older adults, and persons with impaired immune systems. For more information, please visit www.foodsafety.gov (Copy and paste link in your browser).
- If served undercooked poultry in a restaurant, send it back to the kitchen for further cooking.
- 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. Hands should be washed before handling food, and between handling different food items.
- Refrigerate raw and cooked meat and poultry within 2 hours after purchase (one hour if temperatures exceed 90° F). Refrigerate cooked meat and poultry within two hours after cooking. Refrigerators should be set to maintain a temperature of 40 °F or below.

Persons who think they might have become ill from eating possibly contaminated ground turkey should consult their health care providers. Infants, older adults, and persons with impaired immune systems are more likely than others to develop severe illness.