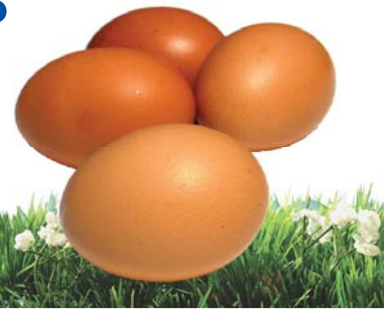


The Chicken or the Egg?



Which ever came first, both could be harmful.

Did you know that baby chicks, ducklings and even fresh eggs may be carriers of salmonella? Although most people recover quickly from this intestinal infection, Salmonellosis can lead to severe and even fatal illness. Jefferson County Public Health (JCPH) urges everyone to be ‘eggs-tra’ safe with eggs and baby birds.

EGG SAFETY

Fresh eggs must be purchased, handled, prepared and stored carefully to avoid the possibility of foodborne illness. Even eggs with clean, un-cracked shells may contain Salmonella.

Buy Right

- Buy eggs only sold from a refrigerated case.
- Make sure that the eggs are not cracked.
- Refrigerate at 40°F or below.

Keep Everything Clean

- Wash hands, utensils, equipment, and work surfaces with hot, soapy water.

Cook Thoroughly

- Cook eggs until the yolk and the white are firm. Scrambled eggs should not be runny.
- Cook egg dishes until they reach 160°F. Use a food thermometer to be sure.

Decorate Safely

Before decorating, decide whether or not you want to eat the decorated eggs later. If you do plan on eating the eggs later, follow these rules:

- Wash your hands between all the steps.
- Be sure that all the materials you use are food safe.
- Keep the eggs refrigerated as much as possible.
- Dye the eggs in water warmer than the eggs so the insides don't absorb the dye.
- If you hide the decorated eggs, avoid contact with animals or lawn chemicals.

- Throw out any “found” eggs that have cracked or have been out at room temperature for more than 2 hours. Eat within one week.



HANDLING BIRDS SAFELY

Salmonella outbreaks from chicks and ducklings often occur during the spring as the demand rises for baby birds. Most cases occur children under 5 years of age. However, some simple steps can prevent illness.

- Wash hands with soap and water immediately after touching the animals. If soap and water are not available, alcohol-based hand wipes and gel sanitizer's may be used.
- Do not purchase chicks, ducklings or other baby birds for children under age 5 or for people with weakened immune systems.
- Do not allow children to
 - nuzzle or kiss baby birds
 - touch their mouths with their hands
 - eat or drink before washing their hands thoroughly.
- Keep chicks, ducklings and other baby birds in a designated area away from family living spaces.



Symptoms

Salmonella symptoms begin about one to three days after exposure and include diarrhea, fever and stomach pain. Illness usually lasts four to seven days and most people will recover without medical treatment. However, in some people the symptoms may be so severe that treatment or hospitalization is needed.

For more information about Salmonella:

Visit our web site at www.jeffco.us/health or call JCPH Environmental Health Services at 303-271-5700



303-232-6301
www.jeffco.us/health