



# Town of Canton, Massachusetts

## BOARD OF HEALTH

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## Recommendations for Preventing Salmonellosis

Wash hands with warm, soapy water before and after handling raw meat and poultry. (Wash for at least 20 seconds). Also wash cutting boards, dishes and utensils with hot soapy water. Clean up spills right away.

Keep raw meat, fish and poultry away from other food that will not be cooked. Use separate cutting boards for raw meat, poultry and egg products and cooked foods.

Cook raw meat and poultry to safe internal temperatures before eating. The safe internal temperature for meat such as beef and pork is 160° F, and 180° F for poultry, as determined with a food thermometer.

Refrigerate raw meat and poultry within two hours after purchase or after one hour if temperatures exceed 90° F. Refrigerate cooked meat and poultry within two hours after cooking.

Consumption of food contaminated with *Salmonella* can cause salmonellosis, one of the most common bacterial foodborne illnesses. *Salmonella* infections can be life-threatening, especially to those with weak immune systems, such as infants, the elderly and persons with HIV infection or undergoing chemotherapy. The most common manifestations of salmonellosis are diarrhea, abdominal cramps, and fever within eight to 72 hours. Additional symptoms may be chills, headache, nausea and vomiting that can last up to seven days.