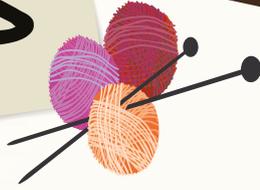


TAIRA TIMES



2013
NOVEMBER

Dear Friends and Family,

I hope you had a fun Halloween. Was it scary? Did you get any full-sized candy bars in your jack-o-lantern?

October and the Halloween season this year was much scarier than usual. This October, we experienced many outbreaks of Salmonella poisoning.

Salmonella is a common bacteria, with over 2000 different subspecies known to science. While most Salmonella are not harmful, a number of them are. These include Salmonella Enteritidis, Salmonella Typhimurium, and Salmonella Heidelberg and are very dangerous if they cause an infection.

Let me share two scary stories from October.



In October, 2013 a Salmonella Heidelberg outbreak occurred in 18 states across the USA affecting 278 people. This wide-spread outbreak caused alerts across the country and recalls for the contaminated chicken.

The west coast of the United States had the greatest amount of incidents in California, Washington and Oregon. The chicken was mainly purchased in small retailers. Many reports indicated that the Salmonella was linked to a brand called Foster Farms, which has three factories in California.

Did you know that Salmonella Heidelberg is 3rd the most common serotype of Salmonella to cause infection? Because S. Heidelberg is resistant to a variety of antibiotics, it is very dangerous. 42% of those with an infection are entered in the hospital. This is 2 times more than other Salmonella.



There is a happy ending though. All of the 278 people who suffered from Salmonella healed and there were no fatalities.

10-07-2013

<http://www.promedmail.org/direct.php?id=20131008.1991064>

Salmonella Heidelberg (CDC)

<http://www.cdc.gov/salmonella/heidelberg-10-13/map.html>

I must warn you, this next story is scary and not for the timid.



CONTINUED ON THE NEXT PAGE



SARAYA



September 28th will be a day many people will not forget in Kedah, Malaysia. On this very day a lovely wedding banquet was held. Little did anybody know, an unexpected guest was about to arrive. One of the feast's fragrant chicken dishes, ayam masak merah, was contaminated with Salmonella.

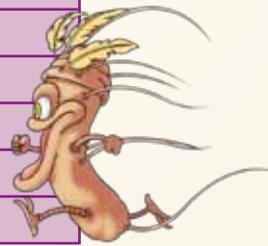
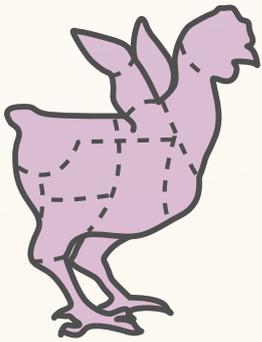
Within 12-72 hours of the feast, over 280 wedding guests including the newlywed's family were experiencing acute diarrhea and vomiting. The chicken was imported from nearby Thailand, and is believed to be the origin of the Salmonella in addition to poor hygiene, sanitation and refrigeration. The most heartbreaking part of this story is that 4 guests died from their infection.



<http://www.promedmail.org/direct.php?id=20131008.1989195>

Salmonella Contamination Population

Food	Bacteria Test Sample	Salmonella Detected
Chicken Breast	4	4/4 (100%)
Chicken Thigh	32	22/32 (68.8%)
Chicken Wings	31	23/31 (74.2%)
Chicken Sasami Fillet	32	13/32 (40.6%)
Ground Chicken	5	4/5 (80.0%)
Chicken Liver	14	8/14 (57.1%)
Chicken Gizzard	21	11/21 (52.4%)
Chicken Meat	25	18/25 (72.0%)
Chicken Meat Dripping	148	10/148 (6.6%)



Based on research from 2013-08-02. Dairy Meat and Seafood Committee, Food Safety Subcommittee of the Pharma Food Sanitation Commission. "Considerations for providing food for raw consumption."

Salmonella Contamination Population

Salmonella



Habitat

Present in people and animals. Mice, flies, cockroaches, dogs and cats can be sources of contamination.

Common Food Origins

Beef, pork, chicken and eggs. In recent years Salmonella contamination of eggs has led to more strict policies.

Incubation Period

6~72 hours

Symptoms

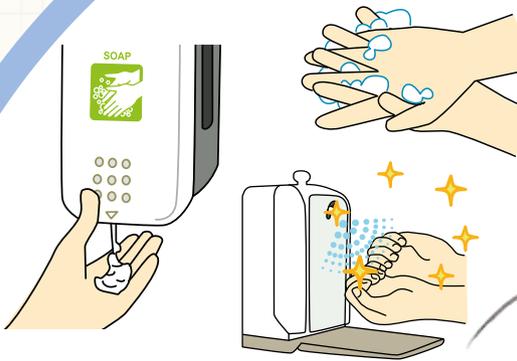
Nausea, stomach pain near the navel, 38°C (100.4F) fever, diarrhea. Most cases require an IV drip and antibiotics to recover. Because the symptoms can feel similar to a cold, it is easy to misdiagnose. Fatality rate is 0.3-1.0% of all patients.





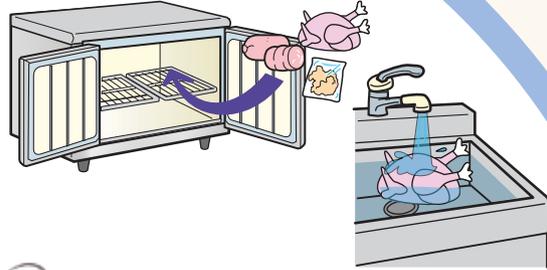
How to prevent Salmonella contamination from chicken

① Wash your hands



Wash hands especially after touching chicken meat. Wash with soap and running water and then use alcohol sanitizer on dry hands.

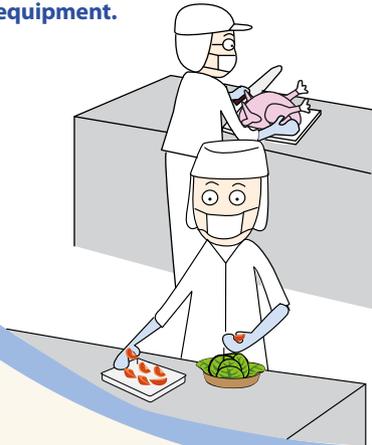
③ Properly defrost



When defrosting in the refrigerator, always put the meat in a container and place it on the bottom shelf of the refrigerator. When defrosting with running water, always do it in a dedicated sink and make sure the water is not splashing. Salmonella can travel in water droplets around the kitchen.

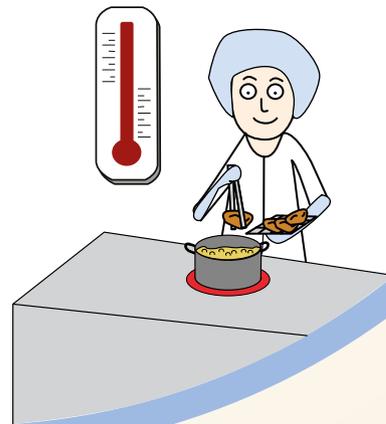
② Use specific equipment according to food types.

Your equipment should be dedicated to a certain food such as chopping boards and knives for raw meat and raw vegetables to prevent cross contamination. Wash and sanitize your utensils and equipment.



④ Always cook thoroughly

Proper heating of foods is the only way to kill the bacteria and make it safe to eat.



See more at the website below.

<http://www.cdc.gov/salmonella/heidelberg-10-13/advice-consumers.html>

Ladies and Gentlemen,

That's all we have for you this month. I hope these ghastly stories from October scared you into taking Salmonella seriously. Salmonella is a dangerous bacteria, and we must always be on guard while in the kitchen to prevent cross contamination.

Love,
Taira Sensei

