

## Salmonella Bacteria in Eggs

The bacteria *Salmonella enteritidis* can be inside normal looking eggs. Raw eggs that are contaminated with *Salmonella* bacteria can cause foodborne illness if they are eaten raw or undercooked.

*Salmonella* infection is characterized by abdominal cramps, diarrhea, and fever beginning 6 to 72 hours after eating the contaminated food. It usually lasts several days, and can be fatal for the very young, elderly, or those with reduced immunity.

Foodborne illnesses caused by *Salmonella enteritidis* have been linked to “pooled” (combining cracked, raw eggs in a container), raw or undercooked eggs. Common foods that use raw or undercooked eggs include Hollandaise and Béarnaise sauces, Caesar salad dressing, chile rellenos, homemade mayonnaise, ice cream, and eggnog.

Restaurants that continue to use raw eggs in their sauces and dressings must notify their customers.



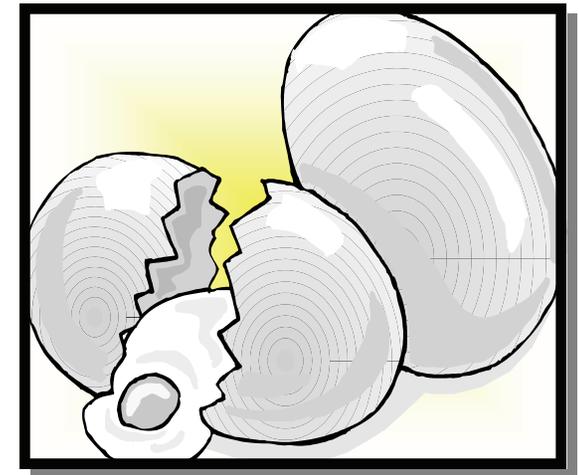
*For more information please call the Department of Environmental Health's Information Specialist at: 858-505-6900*

*Or email:  
FHDutyeh@sdcounty.ca.gov*

*Or contact...  
US Food and Drug Administration  
WWW.FDA.GOV*

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***SAFE  
HANDLING OF  
EGGS***



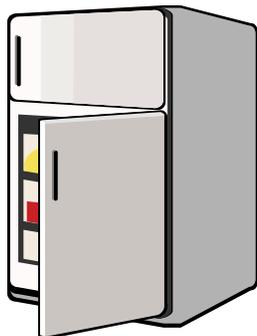
COUNTY OF  
SAN DIEGO  
DEPARTMENT OF  
ENVIRONMENTAL  
HEALTH

## Safe Handling of Eggs

To avoid a foodborne illness from eggs, the Department of Environmental Health recommends that you:

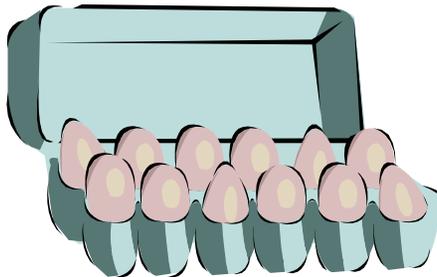
### 1. Store Eggs at Safe Temperatures

- Refrigerate whole eggs at 45°F or below.
- Refrigerate pooled eggs at or below 41°F, or store with ice properly surrounding container.
- Pooling eggs (combining cracked, raw eggs in a container) is not recommended.
- Other eggs such as hard boiled and “baluts” (fertilized eggs) must also be kept refrigerated.
- Eggs should be purchased or received from a distributor refrigerated and stored refrigerated at or less than 45° F (7° C) at all times.



### 2. Use Eggs Safely

- Do not use cracked or dirty eggs.
- Obtain eggs from approved sources.
- Use pasteurized eggs instead of “pooled” eggs.
- Refrigerate raw and cooked foods containing eggs.
- **Food facilities who serve “at risk” populations including elderly, children, immunocompromised individuals and pregnant women, should consider using pasteurized eggs.**



### 3. Prevent Contamination

- Food handlers must properly wash their hands before and after handling raw eggs.
- Clean and sanitize all utensils after contact with raw eggs.
- Eggs should be stored separately to avoid contamination from other foods, such as raw meats that may drip when stored above eggs.

### 4. Cook and Reheat Properly

- Eggs and foods containing eggs, must be cooked to 145°F or above (until both the yolk and white are firm, not runny).
- Cooked eggs, and foods cooked with eggs must be held hot at a minimum temperature of 135°F or above; or promptly refrigerated and held cold at 41° F or below.
- Reheat any cooked eggs or egg containing foods to 165°F or above.
- Always use an accurate probe thermometer to check food temperatures.

