



# Egg Safety:

## Protect Yourself and Your Family from Salmonella

Eggs are a nutritious and versatile food but even those with clean, uncracked shells, may carry a bacteria called Salmonella that can cause foodborne illness, commonly known as food poisoning.

Salmonella, a group of bacteria, is one of the most common causes of food poisoning in the United States. Most people infected with *Salmonella* develop diarrhea, fever, abdominal cramps and vomiting 12 to 72 hours after infection. Symptoms usually last 4 to 7 days and most people get better without treatment. However, in some people, diarrhea may be so severe that they need to be hospitalized. In these patients, the Salmonella infection may spread from the intestines to the blood stream and then to other body sites. If this occurs, the infection can cause death unless the person is treated quickly with antibiotics.

### Who's Most At Risk?

- Children under 5 years of age
- Adults over 65 years of age
- Pregnant women
- People with weakened immune systems (such as individuals with HIV/AIDS, cancer, diabetes or organ transplant patients)

### High-Risk Foods Made with Raw or Undercooked Eggs:

Avoid or take extra precautions with these common foods unless made with pasteurized\* eggs:

- Meringue (especially soft or lightly baked)
- Homemade ice cream and custards
- Raw cookie dough or cake batter
- Hollandaise sauce, Caesar dressing, and other uncooked egg-based sauces

### Clean Up Properly:

- Wash hands, utensils and surfaces with hot, soapy water after contact with raw eggs.
- Don't reuse plates or utensils that touched raw eggs without washing them

### Safe Handling

- Buy eggs refrigerated and store them in the refrigerator ( $\leq 40^{\circ}\text{F}$  /  $4^{\circ}\text{C}$ )
- Check the carton: Avoid eggs with cracks or dirt on the shells and follow the "use by" or "best by" date indicated on the packaging
- Cook eggs until both the yolk and white are firm; cook egg dishes to  $160^{\circ}\text{F}$  ( $71^{\circ}\text{C}$ )
- Use pasteurized eggs when recipes call for raw or lightly cooked eggs
- Serve cooked eggs (such as hard-boiled eggs and fried eggs) and egg-containing foods (such as quiches and soufflés) immediately after cooking

### Safe Substitutions:

Use pasteurized\* eggs or egg substitutes for:

- Recipes containing eggs that won't be cooked thoroughly such as meringue or custards
- No-bake desserts like mousse or tiramisu or homemade ice cream

*\*Eggs that have been treated to destroy Salmonella—by in-shell pasteurization, for example—are not required to carry safe handling instructions, but the labeling will usually say they have been treated.*



**If you feel you are experiencing symptoms of a foodborne illness, please contact a health care provider immediately!**



**Kentucky Public Health**  
Prevent. Promote. Protect.

**SCAN  
ME!**



### REPORT A FOODBORNE ILLNESS

<https://www.chfs.ky.gov/agencies/dph/Pages/Kentucky-Food-Safety-Reporting.aspx>