

## Egg Safety Tips

As the nationwide egg recall investigation continues, the Oakland County Health Division is urging residents to follow safe food handling practices to reduce the risk of foodborne illness. Eggs, like meat, poultry, milk, and other foods, are generally safe when handled properly. Shell eggs are safest when stored in the refrigerator, cooked to 160° F, and promptly eaten.

According to the Centers for Disease Control and Prevention (CDC), the larger the number of Salmonella bacteria present in the egg, the more likely it is to cause illness. Keeping eggs refrigerated prevents Salmonella present in the eggs from growing to higher numbers. Proper cooking will reduce the number of bacteria present, so an egg with a runny yolk poses a greater health risk than a completely cooked egg.

Follow a few simple egg safety steps to help prevent foodborne illness:

- Avoid eating recalled eggs or products containing recalled eggs. Recalled eggs might still be in grocery stores, restaurants, and consumers' homes. Consumers who have recalled eggs should discard them or return them to their retailer for a refund. Anyone who thinks they might have become ill from eating recalled eggs should consult their health care providers.
- Keep eggs refrigerated at  $\leq 45^{\circ}$  F at all times.
- Discard cracked or dirty eggs.
- Wash hands, cooking utensils, and food preparation surfaces with soap and water after contact with raw eggs.
- Avoid consuming raw or undercooked eggs. This is especially true for young children, elderly persons, and persons with weakened immune systems or severe illness. Cook eggs until both the white and the yolk are firm (160° F) and eat promptly after cooking.
- Refrigerate unused or leftover egg-containing foods promptly.
- Avoid restaurant dishes made with raw or undercooked, unpasteurized eggs. Restaurants should use pasteurized eggs in any recipe (such as Hollandaise sauce or Caesar salad dressing) that calls for raw eggs. Under the Michigan Food Code, restaurants are required to denote items that may contain raw or undercooked items on their menus.

For information on safe handling of eggs visit: [www.eggsafety.org](http://www.eggsafety.org).

For information on the egg recall in Michigan visit: [www.michigan.gov/mda](http://www.michigan.gov/mda).

For information on the egg recall in the US visit:  
[www.fda.gov/Safety/Recalls/MajorProductRecalls/ucm223522.htm](http://www.fda.gov/Safety/Recalls/MajorProductRecalls/ucm223522.htm)