



- Home
- Top News
- Entertainment
- Odd News
- Business
- Sports
- Science
- Health
 - Health Care Reform
 - Pet Parade
- Real Estate
- Photos
- Analysis
- Deals

[Syrian troops](#) • [Ariz. immigration law](#) • [China trade surplus](#) • [Beyonce tickets](#) • [Statue of](#)

You are here: [Home](#) / [Health News](#) / [How to prevent salmonella poisoning](#)

Health News

[View archive](#) | [RSS Feed](#)
[Receive Free UPI Newsletter](#)

How to prevent salmonella poisoning

Published: Aug. 5, 2011 at 8:52 PM

Comments (0)

Email

Print

Listen

Share

5

BUFFALO, N.Y., Aug. 5 (UPI) -- With 36 million pounds of ground turkey being recalled due to reports of salmonella, a U.S. infectious disease expert advises how to avoid the disease.

"In most individuals who are healthy, the illness that salmonella causes will be self-limiting, meaning it will resolve on its own without any treatment," Dr. Thomas A. Russo of the University at Buffalo says in a statement. "If you are healthy and you become sick from salmonella, you will experience diarrhea, you may run a low-grade fever and you may feel lethargic for a few days but you will improve fairly quickly."

Related Stories

[GOP hammered for food-safety cuts](#)

[Salmonella alert for ground turkey](#)

However, those whose immune systems are compromised, can become much sicker from salmonella poisoning.

"Anyone who is taking steroids, individuals on certain cancer chemotherapies, transplant recipients on immunosuppressive drugs, those with sickle-cell disease, anyone infected with HIV/AIDS, people with certain rheumatologic conditions that are on biologic modulates such as TNF-alpha inhibitors as well as newborns and those older than age 70 would be at increased risk and should take extra precautions."

Devastating Market Collapse in 2011?

The man who called the market crash of 2008- and helped thousands of investors not only avoid losses but actually *make money* - has now issued an urgent warning.



Dennis Slothower warns that an unavoidable collapse in the U.S. stock market - one that could wipe out hundreds of thousands of investors - may be just days away.

Dennis's Free report reveals why this is about to happen...and what you can do to protect yourself now!

[Click here to claim your free report!](#)

BROUGHT TO YOU BY STEALTH STOCKS

Advertisement

To avoid contamination grilling ground beef or turkey, Russo advises:

- Always use a clean plate for cooked patties.
- Any time someone touches raw meat, they need to wash their hands well and any surfaces they or the meat have touched.
- Wash down kitchen surfaces with 1 tablespoon of bleach with one gallon of water.
- Cook ground turkey to 160-165 degrees F. Check temperature with a thermometer.

© 2011 United Press International, Inc. All Rights Reserved. Any reproduction, republication, redistribution and/or modification of any UPI content is expressly prohibited without UPI's prior written consent.

Order reprints

Next Story: Believers in benevolent God worry less
or [see all Health News stories](#)

Join the conversation

[Login](#) [Register](#)

Enter comment here

leave comment via

Guest

or



Submit Comment



New Policy in New York
 [Aug 2011]: Drivers with no DUIs are eligible to receive a 65% discount on car insurance..



Refinancing Rates Drop!
 Refinance now at 2.3%. \$160,000 New York mortgage \$659/mo. No ssn req. (2.7% apr)



The New "Skinny" Fruit
 How this strange African fruit is making Americans skinny.



Affordable Car Insurance
 Recent increase in insurance rates? Save up to \$322 with Liberty Mutual...

[Buy a link here](#)

News Photos - Slideshows

Photos of the Day	Week in Photos	News	Entertainment	Sports	Features	Archives
2010: Year in Review						
	GOP presidential debate in New York		Wallow fires in Arizona			
	Disarmament conference in Tehran		Coal mining protests in West Virginia			
	Obama hosts German Chancellor Merkel at White House		The War in Afghanistan			
	Celebrating the departure of President Obama		Dominique Strauss-Kahn faces indictment			
	Memorial Day 2011		Mitt Romney announces his candidacy			
			President Obama tours Joplin			



Additional Health News Stories

Top News

Palin to appear in Iowa after GOP debate

AMES, Iowa, Aug. 11 (UPI) -- Ex-Alaska Gov. Sarah Palin is to visit the Iowa State Fair after GOP presidential hopefuls debate but before Saturday's Iowa straw poll, her office said.

Cameron vows 'swift justice' for rioters
Virginia mall buttock slashing attack victims up to nine
Crew from missing jet found alive
Iran issues travel warning for U.K.

Entertainment News

Beyonce tickets sell out in 22 seconds

NEW YORK, Aug. 11 (UPI) -- The first of pop star Beyonce's four concerts scheduled to take place at New York's Roseland Ballroom sold out in 22 seconds, Columbia Records said.

Hell visits Ramsay's Montreal restaurant
Rebecca Black leaves school, blames bullies
\$1.3M 'Barefoot Bandit' movie deal
People in the news

Local News

Jonathan s Gourmet Deli Closes in Dupont
Gallery: Fairview ES Students Take Flowers to Local Assisted Living Community
Wall Street gears up to rebound Thursday
ECAC names Englert 2011 Metro-South Rookie of the Year
Chocolate City Beer Launch Party Details

Business News

Gulf Keystone posts major Iraqi oil find

ERBIL, Iraq, Aug. 11 (UPI) -- An analysis of the Sheik Adi oil reserve in the Kurdish region of Iraq estimates there are at least 1 billion barrels of oil in place, a company said.

China trade surplus soars to \$31.5B
Fracking measures fall short, critics say
Stocks, in pendulum-like week, head higher
Kenya's key to South Sudan oil exports



[Official Government Wires](#) | [About UPI](#) | [Site Map](#) | [Ter](#)
[Contact Us](#) | [UPI Mai](#)
[Top News](#) | [Entertainment News](#) | [Odd News](#) | [Busines](#)
[News](#) | [Real Estate News](#)
[Archive](#) | [Job News](#) | [World News](#) | [Local N](#)
 Resources: [Auto Dealers](#) - [Celebrity Keynote Sp](#)

© 2011 United Press International,
 UPI.com is your trusted source for world news, top news,
 We thank you for visiting us and we hope that we

IT'S THE MOST POPULAR
 DEAL IN TOWN.

\$24⁹⁹ /month

HIGH SPEED I
 NO PHONE RE
 NO TERM CONTRAC

AdChoices

For one year, online exclusive. Plus taxes & fees. Speeds .5 to 1 Mbps.