

E. Coli Outbreak and Raw Cookie Dough

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to this CDC podcast on the June 2009 *E. coli* outbreak related to raw cookie dough. As of Monday, June 22, 2009, 70 persons infected with *E. coli* O157:H7 have been reported from 30 states. Infected persons range in age from 2 to 65 years; however, 66 percent are less than 19 years old and 75 percent are female. Thirty people have been hospitalized.

Preliminary results of the investigation indicate a strong association with eating raw, prepackaged cookie dough. Most patients reported eating raw, prepackaged refrigerated Nestle Toll House cookie dough products.

Symptoms of the outbreak include diarrhea and abdominal cramps two to eight days after eating the cookie dough. Most people recover within a week, but some develop a severe infection.

The Food and Drug Administration and the Centers for Disease Control and Prevention are warning consumers not to eat any varieties of prepackaged Nestle Toll House refrigerated cookie dough. If you have any prepackaged, refrigerated Nestle Toll House cookie dough products, throw them away. Cooking the dough is not recommended because you might get the bacteria on your hands and other cooking surfaces. The recall does not include Nestle Toll House morsels.

Anyone who has recently eaten prepackaged, refrigerated Toll House cookie dough and experienced diarrhea and abdominal cramps should contact their healthcare provider immediately.

Raw food products that are intended for cooking or baking before consumption are not necessarily safe to eat before they're cooked, such as raw cookie dough. Consumers can reduce their risk of getting sick by not eating them raw.

Use safe food-handling practices when preparing such products, including following package directions for cooking at proper temperatures; washing hands, surfaces, and utensils after contact with these types of products; avoiding cross contamination; and refrigerating products properly.

For more information, please visit www.cdc.gov or call 1-800-CDC-INFO.

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