What Kids Need to Know About Peanut Butter and Salmonella

This podcast is brought to you by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

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Hey kids. You may have heard something on the news or from your parents about the peanut butter crackers you carry in your lunchbox. Bet you're wondering what that's all about! Well, there may be some icky germs hitching a ride on those crackers and maybe in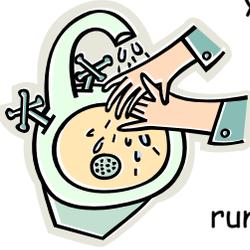 some of your other favorite foods that have peanut butter in them. The germs are called *Salmonella* and can make you feel pretty sick. You can throw up or have diarrhea or a fever or worse! You might even have to go to the doctor or hospital if you get really, really sick.

The peanut butter with the germs in it is *not* the stuff you get in jars at the grocery store. The germs got into peanut butter made in one factory, and the peanut butter from this factory was used to make lots of other things, like cookies, cereal, candy, ice cream, and even the peanut butter pet treats you might give to your dog, cat, or bird.

Ask a grown-up to go to the CDC web site at www.cdc.gov or the FDA web site at www.fda.gov to see if your favorite peanut butter goodies are safe to eat or give your pet. They can also call the CDC at 1-800-CDC-INFO.

You should always wash your hands right away if you touch any of the food or pet treats that might have the icky germs in them. It's also really important that you wash your hands the *right* way. Like this …first, wet your hands with running water. Then, put soap on your hands and rub them together to make lots of bubbles. Scrub your hands and keep making bubbles for about 20 seconds, or the amount of time it takes to sing the "ABCs." Hold your hands under running water to rinse off all the soap. Then, dry your hands really well with a paper towel. If you need help washing your hands, ask a grown-up.

If you or someone in your family does get sick, see a doctor as soon as possible. If your pet gets sick, take them to the vet right away.

There's a lot to know about what's going on, so ask a grown-up if you have any questions. They can always check the CDC web site at www.cdc.gov or call 1-800-CDC-INFO to get answers to your questions.

For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.