



A MINUTE OF HEALTH WITH CDC

Beef: Get the Red Out

*Two Multistate Outbreaks of Shiga Toxin-Producing E. coli O157 Infections
Linked to Ground Beef from a Nebraska Slaughter Establishment —
United States, 2008*

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Tossing some hamburgers on the grill can make for a relaxing evening, but failure to follow some simple precautions can have serious consequences. *E. coli* is a form of foodborne illness that can result from mishandling or undercooking raw beef products. While most cases of *E. coli* infection resolve without serious problems, some cases, particularly in children under five, can have life-threatening consequences. Ground beef should be cooked to an internal temperature of at least 160 degrees. Remember to thoroughly wash your hands and any surfaces that come in contact with raw meat, and always keep raw meat separate from other food products.

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For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.