



## **A MINUTE OF HEALTH WITH CDC**

### *Make it Well Done*

*Multistate Outbreak of Salmonella Chester Infections Associated with Frozen Meals — United States, 2010*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

In today's fast-paced society, microwave meals are a staple of American diets. An outbreak of *Salmonella*, caused by an undercooked frozen meal, is a harsh reminder to carefully follow all cooking instructions. One in six Americans gets sick from foodborne illnesses every year.

Many frozen meals are not "heat and serve." They're products that include raw ingredients which can contain germs that cause foodborne illness. Before preparing a frozen meal, carefully read and follow the instructions, including how long to cook the meal *and* how long to allow the food to sit before eating.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*