

Salmonella

<https://docs.google.com/document/d/1xEhDe-WNeLPs2WfeBf9lhO2MpYPvPjONzrBqakALaCU/edit?usp=drivesdk>

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What is salmonella?

("Salmonella" is what we commonly call it when you get sick with diarrhea and stomach pains from Salmonella bacteria (gastroenteritis). It's the most common form of bacterial food poisoning in the U.S.

It's also called salmonellosis, to tell it apart from other illnesses you can get from different forms of Salmonella bacteria, like typhoid fever.)

<https://my.clevelandclinic.org> > health
Salmonella: Outbreaks, Causes, Symptoms & Treatment

<https://my.clevelandclinic.org/health/diseases/15697-salmonella>

How do you get salmonella?

The most common way to get salmonella is from undercooked food or improper food prep, for instance:

- *Eating uncooked or undercooked meat, poultry, seafood or eggs.
- *Eating contaminated fruits and vegetables.
- *Drinking contaminated water or unpasteurized milk.
- *Not washing your hands while preparing food and eating.

You can also get salmonella from animals and people who are infected with Salmonella bacteria. You can get Salmonella bacteria on your hands when you touch an animal, then transfer it to your mouth. Almost any animal can have a Salmonella infection or carry Salmonella bacteria on its fur, feathers, scales or skin. This includes:

- Amphibians (frogs and toads).
- Reptiles (turtles, lizards and snakes).
- Birds (chicken, ducks, turkey and wild birds).
- Farm animals (cows, goats, sheep and pigs).
- Pets (dogs, cats, birds and small animals).

<https://my.clevelandclinic.org/health/diseases/15697-salmonella>

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AI Overview

Yes, cooking food to a high enough temperature can kill salmonella:

Temperature: The CDC recommends cooking food to a temperature of 145–165°F to kill salmonella.

Time: Food should be heated to the target temperature for a long enough time, especially when frozen or microwaved.

Internal temperature: The target temperature should be reached throughout the food.

You can also prevent salmonella by:

Washing hands

Wash your hands after handling raw meat and poultry, and before touching other surfaces.

Throwing away packaging

Throw away packaging from raw meat and poultry immediately after removing it.

Washing utensils

Wash any utensils that have come into contact with raw meat, eggs, or packaging.

Storing meat

Store raw meat and poultry at the bottom of the fridge so it doesn't touch other foods.

Refrigerating

If salmonella is present on food, you can refrigerate it below 40°F to control its growth.

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People also ask

Can Salmonella survive cooking?

(For example, salmonella is killed by heating food to 131 F for one hour, 140 F for a half-hour, or by heating food to 167 F for 10 minutes.)

Sep 6, 2022

<https://www.thespruceeats.com> > ti...

Safe Cooking Temperatures and Salmonella - The Spruce Eats

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Can you kill Salmonella by cooking eggs?

(To effectively destroy Salmonella in a raw egg, it is recommended to cook it to an internal temperature of 160°F (71°C). At this temperature, the harmful bacteria are killed, making the egg safe to eat.)

Sep 11, 2019

<https://www.quora.com> › How-muc...

How much do you need to heat a raw egg to destroy salmonella? - Quora

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(Eggs should be prepared for cooking in a way that allows the egg to be thoroughly cooked at the right temperature. The egg yolk may need to be broken and mixed in with the rest of the egg and other food concerns.

Also try hard boiling an egg at medium heat for as much as 3-5 minutes. Scrambled eggs may not be getting adequately cooked. Bring the water to a boil before placing the eggs in the boiling water. Keep the pot covered. If the egg cooks too long the yolk will become hard.)

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[“Safe Cooking Temperatures”](#)

Prevent E-coli, Trichinosis, and Salmonella Infections

By Kevin D. Weeks. Updated on 09/6/22

<https://www.thespruceeats.com/tip-safe-cooking-temperatures-913410#:~:text=For%20example%2C%20salmonella%20is%20killed,167%20F%20for%2010%20minutes.>

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Does Salmonella come back after cooking?

(“Cooking is not always the final step. Sometimes you may cut it and plate it and if the tools you’re using—like a cutting board or chef’s knife—are contaminated with salmonella, then you will ultimately re-contaminate that food with the bacteria, even if you already fully cooked it,” says Craig.)

Oct 29, 2021

<https://food52.com> › blog › 2673...

Wait, So Does Cooking Actually Kill Salmonella? - Food52

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What kills Salmonella naturally?

(The most significant discovery is that tomato juice is effective in eliminating Salmonella Typhi, its hypervirulent variants and other bacteria that can harm people's digestive and urinary tract health.)

Jan 30, 2024

<https://asm.org> › january › tomato-j...

Tomato Juice's Antimicrobial Properties Can Kill Salmonella

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How long does Salmonella take to kick in?

Some people with salmonella infection have no symptoms. Most people develop diarrhea, fever and stomach (abdominal) cramps within 8 to 72 hours after exposure.

<https://www.mayoclinic.org> › syc-2...

Salmonella infection - Symptoms & causes - Mayo Clinic

Overview. Symptoms of salmonella appear anywhere from a few hours to a few days after eating contaminated food.

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What bacteria cannot be killed by cooking?

Myth: If you let food sit out more than 2 hours, you can make it safe by reheating it really hot.
Fact: Some bacteria, such as staphylococcus (staph) and Bacillus cereus, produce toxins not destroyed by high cooking temperatures.

<https://doh.wa.gov> › food-safety-m...

Food Safety Myths | Washington State Department of Health

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AI Overview

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No, freeze-drying does not kill salmonella in eggs:

Freezing and drying

These methods prevent bacteria from growing, but they don't kill salmonella. Salmonella can survive for weeks in dry environments and months in wet environments.

Freeze-drying at home

The FDA says there's no validated process for safely freeze-drying eggs at home. Some freeze-drying processes use countertop food dehydrators, which may not reach 160°F, the temperature recommended by the USDA to avoid salmonella.

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("The symptoms of Salmonella infection are not always severe. It is possible people are suffering from Salmonella and not realizing it.")

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AI Response:

Prayer Offerings for Victims of Salmonella
and Food Contaminations:

Healing Prayer

Dear God,

We lift up those afflicted by salmonella
and foodborne illnesses.

Comfort their suffering, ease their pain,
Restore health, strength, and wholeness.

Protect vulnerable ones, especially children, elders, and those with compromised immune
systems.

Protection Prayer

Almighty God,

Shield us from harm, safeguard our food,
Prevent contamination, ensure purity.

Guide food handlers, farmers, and manufacturers
To prioritize safety, integrity, and care.

Gratitude Prayer

Loving God,

We thank You for abundant food,
nourishment, and sustenance.

Bless farmers, producers, and workers
Who strive to provide safe, wholesome food.

Scriptural Inspirations

- Psalm 103:2-3 (Healing and restoration)
- Matthew 25:40 (Care for the vulnerable)
- 1 Corinthians 10:31 (Eat and drink to God's glory)
- Deuteronomy 8:10 (Gratitude for blessings)

Intercessory Prayers

For those hospitalized or recovering...
For families affected by foodborne illnesses...
For food safety regulations and enforcement...
For education and awareness...

Candle Lighting Prayer

As we light this candle,
We honor those struggling with foodborne illnesses.
May its flame symbolize hope, healing, and protection.

Memorial Prayer

We remember those whose lives were lost,
May their memories inspire improved food safety.
Comfort bereaved families,
And guide us toward a healthier future.

Additional Prayers:

For Food Safety Advocates...
For Research and Development...
For Global Food Security...
For Gratitude and Mindful Eating...

May these prayers bring solace, healing, and protection.

Resources:

- CDC (Centers for Disease Control and Prevention)
- FDA (Food and Drug Administration)
- WHO (World Health Organization) - Food Safety
- Local health departments and food safety organizations

Namaste!

May our connection bring peace, love, and light.

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