

**Clean the kitchen!!**

**Wrap all waste promptly and throw away into the outside garbage.**

**Wash with bleach or bleach powder:**

- sink
- sink drain
- sink handles & spout
- counter tops
- stove top
- switch for stove light or fan
- refrigerator doors
- refrigerator door handles!!
- dishwasher front

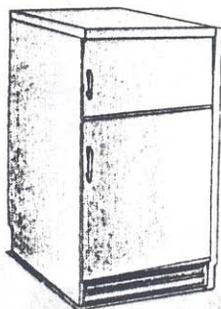


**Run the dishwasher on hot cycle (or handwash in hot water)**

- all pots, pans, lids, buckets, utensils
- all dishrags or cloths used in clean-up

### Refrigerator reminder:

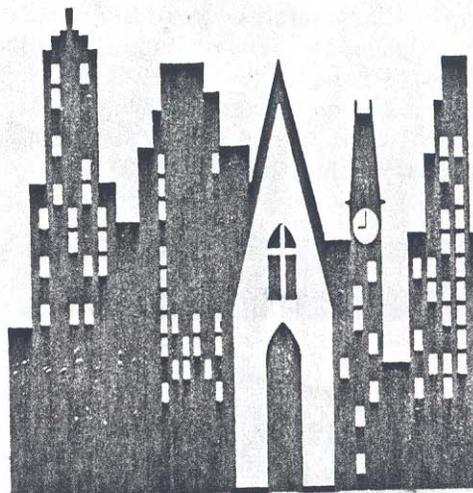
***This germ likes to grow in the cold - on foods or surfaces.***



1. Wrap raw or thawing chitterlings in plastic - no drips!
2. Boil chitterlings for at least five minutes before putting them back in the fridge.

brochure came directly from the community for the community.

Thank you to the Atlanta churches, retirement center and individuals who participated in our problem solving, taste testing, intervention design and review sessions.



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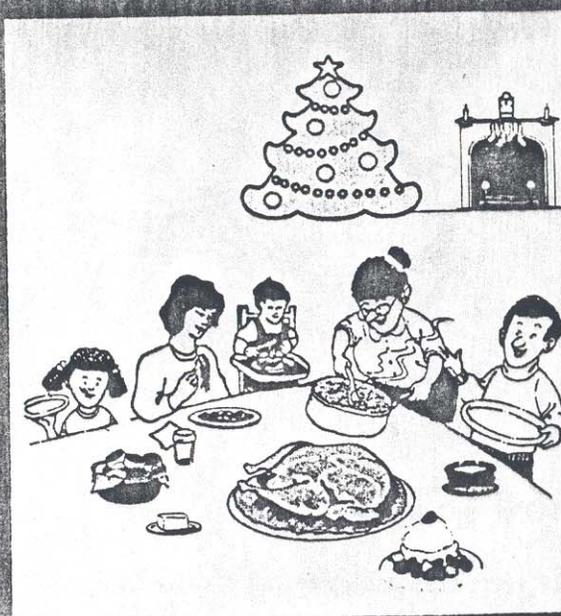
Division of Public Health  
Georgia Department of Human Resources



## Holidays in the Hospital

*Oh No!!!*

**Germs in raw chitterlings  
can cause diarrhea**



**Keep your baby healthy  
Keep your holiday happy**

## WHAT is going on? Diarrhea!

Outbreaks of a diarrheal disease are occurring every year in Atlanta from November to January. There have been similar outbreaks in Buffalo, NY and Baltimore, MD.

## WHAT is causing it?

In Georgia, small children who got sick were in the kitchen while raw chitterlings, commonly called "chitlins", (pig intestines) were being cleaned. Bacteria called *Yersinia enterocolitica* live in pigs and other animals. Animals or animal waste can spread the germ to water, milk, or foods. While not a new germ, it is becoming recognized as an important cause of disease, especially in small children.



## HOW is it spread?

The germ is spread by eating or drinking contaminated food, milk or water. Unlike most germs, this germ grows well in the cold and can grow and spread in the refrigerator.

Cooked chitterlings are safe to eat, but cleaning raw chitterlings can pass the germ from hands to things around the kitchen and to small children or babies.

## WHO is getting sick?

Mostly African American children less than 5 years old and especially babies less than 2 years.

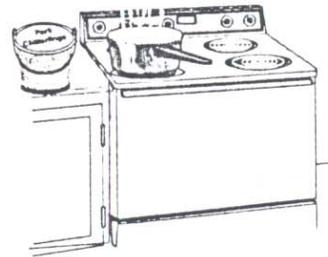
## WHAT kind of "sick"?

*\* diarrhea \* fever \* stomach pains.*

Symptoms usually start within 3-7 days after contact with the germ in raw chitterlings. Younger children and babies sometimes have severe, bloody diarrhea. Though the illness rarely causes death, some children need hospitalization. Severe symptoms or blood infections are treated with antibiotics. Older children and adults suffer more from stomach pain (appendicitis-like). Some people may be infected and have very mild or no symptoms.

## PREVENTION - HOW?

**Pre-boil chitterlings before cleaning!!**



- **Pre-boil chitterlings** in boiling water for 5 minutes before cleaning. This boiling kills germs so they can't spread around the kitchen.
- While they pre-boil, clean the sink and any place touched by raw chitterlings or their juice with hot water and bleach.
- Then clean the pre-boiled chitterlings and follow with complete cooking, just as usual.
- Pre-boiling makes cleaning easier and faster and it



**Keep everything clean!!**

Anything that touches the raw chitterlings, their juice, or even the outside of the bucket can have the germs on it.

- Wrap the bucket in plastic when thawing in the fridge.
- Take out your other ingredients (onions, lemons, etc.) before you start.
- Cooked chitterlings must not touch anywhere raw chitterlings touched, unless the area has been cleaned.
- Before touching a child or anything to be used by a child, wash your hands with soap and warm water to remove all fat and germs. For kitchen clean-up see back flap.

**Protect them!!**



Keep children OUT of the kitchen, until the chitterlings are boiled and the kitchen is thoroughly cleaned. If you pre-boil the chitterlings, that's only 5-10 minutes instead of hours.