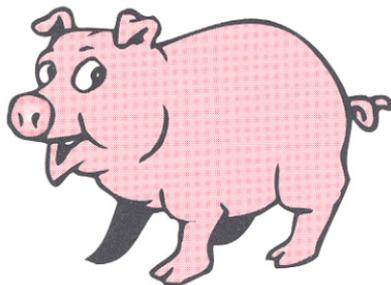


Keep Your Holiday Happy!!
Keep Your Family Healthy!!

Raw Chitlins Can Cause Diarrhea



Bacteria called *Yersinia enterocolitica* live in pigs and other animals. Animals or animal waste can spread the germ to water, milk, or food.

In Georgia, small children often become sick from being in the kitchen while raw chitterlings, commonly called chitlins, (pig intestines) are being cleaned. Most of these infections occur in children less than five years old, especially babies less than two years old.

How is the germ spread?

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

Cleaning raw chitlins can pass the germ from hands to things around the kitchen and to small children or babies.

How can these infections be prevented?

- Use only pre-cooked chitlins, OR
- Pre-boil chitlins in boiling water for 5 minutes **BEFORE** cleaning. This boiling kills germs so they can't spread around the kitchen and to children.
- While pre-boiling the chitlins, clean the sink and any place touched by raw chitlins or their juice with hot water and scouring powder.
- Then clean the "pre-boiled" chitlins and follow with complete cooking, just as usual.
- Pre-boiling makes cleaning easier and faster and it does NOT change the taste.

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