



# Mono County Health and Human Services

## Sources of Foodborne Outbreaks: E. Coli and Botulism

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Earlier this week, the CDC (Center for Disease Control), the FDA (Food and Drug Administration), and the CDHS (California Department of Health Services) announced that there has been an E. coli outbreak in multiple states associated with the eating of fresh prepackaged spinach products. The current totals are over 95 patients in 20 states, including one case in Shasta County in California. There have been 44 hospitalizations, with one death in Wisconsin.

The most likely source has been identified as Natural Selection Foods/Earthbound Farms based in San Juan Bautista, California. The company has agreed to voluntarily recall all its bagged spinach products as a precaution. It is possible that other brands and companies may be involved before the investigation is completed. It is important to note that washing the spinach will not reduce the risk, as the bacteria are attached tightly to the spinach. Consumers should not eat any fresh, prepackaged spinach until the investigation is completed.

The products being recalled include the following brands with "Best if Used by Dates" of Aug. 17 through Oct. 1: Dole, Natural Selection Foods, Pride of San Juan, Earthbound Farm, Bellissima, Rave Spinach, Emeril, Sysco, O Organic, Fresh Point, River Ranch, Superior, Nature's Basket, Pro-Mark, Compliments, Trader Joe's, Ready Pac, Jansal Valley, Cheney Brothers, Coastline, D'Arrigo Brothers, Green Harvest, Mann, Mills Family Farm, Pro Act, Premium Fresh, Snoboy, The Farmer's Market, Tanimura & Antle, President's Choice, Cross Valley and Riverside Farms. These products include spinach and any salad with spinach in a blend, both retail and foodservice products. Products that do not contain spinach are not part of this recall.

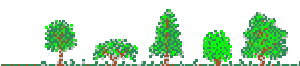
E. coli infection often causes abdominal cramps and bloody diarrhea. A small percentage of infected individuals also develop hemolytic uremic syndrome, a condition in which red blood cells are destroyed and kidney failure may occur. There is usually little or no fever, and the illness typically resolves itself in five to 10 days. Those most at risk for serious complications of this food-borne illness include young children, the elderly and those with compromised immune systems. Consumers should seek immediate medical care if they develop these symptoms.

Consumers who have purchased spinach or spinach-containing products bearing these brand names should discard the product. Consumers with questions may contact the company at 1-800-755-0879.

In addition, 3 cases of botulism have been identified in Georgia. All patients are in ICU care. The source has been identified as commercially produced carrot juice, labeled:

- Bolthouse Farms, Bakersfield, California
  - 100% carrot juice
  - Ingredients: carrot juice (peeled baby cut carrots, cold pressed for freshness)
  - "Flash pasteurized and cold-sterile-filled for safety"
  - Use by date: 091806
  - Keep chilled

If anyone comes down with fatigue accompanied by weakness, blurred vision, dry mouth, and difficulty swallowing or speaking, seek medical care immediately.



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