

# Avian Influenza

## Food safety tips for poultry and eggs



H5N1 avian influenza is a disease found in poultry and wild birds. According to the World Health Organization, there is no evidence indicating that anyone has become infected after eating properly cooked poultry or poultry products.

Currently in the United States, poultry and egg products are safe to eat if good hygienic practices and proper cooking methods are used. When handling, preparing and cooking poultry and egg products, follow these safety guidelines for protection from avian influenza and other foodborne illnesses.

- Keep raw meat, poultry, fish and their juices away from other foods.
- Always wash hands thoroughly with soap and warm water to avoid cross contamination.
- Thoroughly clean all surfaces and utensils such as cutting boards, knives, and dishes that have been in contact with raw meats and eggs. Then sanitize with a solution of 1 teaspoon of chlorine bleach mixed into 1 quart of water.
- Do not thaw raw meats or poultry at room temperature. Always thaw in the refrigerator.
- Cook poultry in an oven temperature of at least 325 degrees Fahrenheit.
- Use a meat thermometer to measure the internal temperature of cooked meat, poultry and egg dishes. Remember, color is not an indicator of doneness.
- Fully cook poultry (all parts) to a minimum internal temperature of 165 degrees Fahrenheit. This temperature will ensure safety and destroy any harmful bacteria that may have been in the food.
- When cooking in a microwave oven, make sure there are no cold spots. For best results, cover food, stir and rotate for even cooking.
- Do not eat raw eggs.
- Only use raw eggs in recipes that are cooked after adding the eggs. Use pasteurized egg products in recipes such as eggnog.
- If you are sick, DO NOT prepare or serve food for other people.

### Resources

#### Harris County Public Health & Environmental Services

[www.hcphes.org](http://www.hcphes.org)

#### Texas Department of State Health Services

[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

#### United States Department of Agriculture

[www.usda.gov](http://www.usda.gov)

#### Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

#### National Avian Influenza Surveillance Information

[www.wildlifedisease.nbio.gov/ai](http://www.wildlifedisease.nbio.gov/ai)

Harris County

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