



NEWS RELEASE

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Salmonella Case Reported in North Dakota Linked to National Outbreak

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) has confirmed one case of *Salmonella Poona* (*S. Poona*) that matches an outbreak in the U.S. and is the subject of a voluntary recall of a specific variety of cucumber. The NDDoH recently discovered that the cucumbers in question were shipped to North Dakota.

On September 4, 2015, the Centers for Disease Control and Prevention (CDC) announced a multistate outbreak of *S. Poona* infections linked to cucumbers imported from Mexico by Andrew & Williamson Fresh Produce. As of September 3, 2015, 285 confirmed cases of *S. Poona* infection have been reported in 27 states. The company initiated a voluntary recall of their cucumbers, which were distributed between August 1 and September 3, 2015.

The cucumbers that were recalled are “slicer” cucumbers, also known as American cucumbers. The cucumbers are typically sold in bulk displays at retail locations without any individual packaging or brand identification. People should not eat recalled cucumbers and restaurants and retailers should not serve or sell recalled cucumbers. “If you are unsure whether your cucumbers were recalled, ask the place of purchase or your supplier,” said Laura Cronquist, epidemiologist with the NDDoH. “If there is any doubt as to where the cucumbers came from, please do not eat, sell or serve the cucumbers. Throw them out or return them to the place of purchase. We recommend washing fresh produce with running water before consumption, but washing does not always remove the *Salmonella* bacteria.”

According to the CDC, most people infected with *Salmonella* develop diarrhea, fever, and abdominal cramps about 12 to 72 hours after being exposed to the bacteria. Other symptoms may include nausea and vomiting. The illness usually lasts about 4 to 7 days, and most people recover without treatment. Severe illness is possible, and is more likely to occur in infants, the elderly, and those with impaired immune systems. If you think you may have become ill from eating recalled cucumbers, please contact your health care provider.

To help reduce the risk of foodborne illness, the NDDoH recommends the following:

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- Washing hands often
 - Before preparing and cooking food
 - After using the bathroom
 - After handling raw meat
 - Before serving food
 - Before eating
 - After handling animals
- Keep raw meats away from ready to eat foods
 - Use separate areas of the kitchen to prepare these foods
 - Use dedicated, separate cutting boards and knives for raw meats and ready to eat foods
- Properly store and cook foods
 - Keep food at proper storage or holding temperatures
 - Cook meats thoroughly
- Wash fresh produce using running water
- Keep food preparation surfaces clean and sanitized, especially after contact with raw food
- Do not prepare meals if you are ill

For more information about the *S. Poona* outbreak, visit the CDC's website at <http://www.cdc.gov/salmonella/poona-09-15/index.html> or contact Laura Cronquist, North Dakota Department of Health, at 701.328.2378.

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