



EFFECTS OF E. COLI O157:H7 LINKED TO GRILLED BURGER LEAVES WOMAN PARALYZED

RISKS YOU NEED TO WORRY ABOUT WHEN COOKING GROUND BEEF:

Temperature control

- Cook all ground beef to 155° F for 15 seconds or 160° F for an instant kill.
- Use a tip-sensitive digital thermometer to ensure correct temperature is reached.

Cross-contamination

- Clean and sanitize all surfaces (cutting boards, counters) where ground beef items were prepared.
- Wash hands and dry hands after handling ground beef.

After feeling achy and suffering through painful cramps, 22 year-old Stephanie Smith, a children's dance instructor, thought she had a stomach virus.



"I ask myself every day, 'Why me?' and 'Why from a hamburger?'"

She then experienced bloody diarrhea, kidney failure and seizures. Her symptoms were so severe that doctors induced a coma, lasting nine weeks. When she emerged, she was paralyzed.

The symptoms Ms. Smith suffered were caused by *E. coli* O157:H7 which Minnesota officials traced to the hamburger that her mother had grilled for their Sunday dinner in early fall 2007.

Adapted from Michael Moss and the New York Times (October 3, 2009)



**GROUND BEEF
HAS BEEN LINKED
TO AT LEAST 16
OUTBREAKS
SINCE 2007.
IN 2009, E. COLI
O157:H7 LED TO
THE RECALL OF
BEEF FROM
NEARLY 3,000
GROCERS IN 41
STATES.**