

Health Highlights | Bacteria breakdown (Video)

<<(I'M MATT SHEEHAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

ORGANIC CARROTS – GROUND BEEF – AND SLIVERED ONIONS ON MCDONALD'S QUARTER POUNDERS® WERE ALL LINKED TO E. COLI OUTBREAKS THIS FALL.

ACCORDING TO THE C-D-C – MORE THAN 1-HUNDRED PEOPLE GOT SICK AND NEARLY THREE DOZEN WERE HOSPITALIZED AFTER EATING QUARTER POUNDERS IN OCTOBER. ONE PERSON DIED AND FOUR OTHERS DEVELOPED LIFE-THREATENING KIDNEY DISEASE.

IN NOVEMBER – THE F-D-A AND C-D-C ANNOUNCED A VOLUNTARY RECALL OF MULTIPLE SIZES AND BRANDS OF ORGANIC CARROTS. IN THE SAME WEEK – THE U-S-D-A ALERTED THE PUBLIC OF AN E. COLI OUTBREAK LINKED TO GROUND BEEF PRODUCTS MADE BY A DETROIT-BASED COMPANY.

E. COLI IS A BACTERIUM WITH MULTIPLE STRAINS. HUMANS' MICROBIOME CAN CONTAIN E. COLI – SPECIFICALLY IN OUR GUTS WITH STOOL. THESE ARE DIFFERENT THAN THE STRAINS THAT CAUSE FOOD-BORNE ILLNESS. DR. DOUG KASPER – AN INFECTIOUS DISEASE SPECIALIST WITH OSF HEALTHCARE – OFFERS SOME FOOD SAFETY GUIDANCE WITH THE HOLIDAYS HERE.

TAKE SOT | DR. DOUG KASPER | INFECTIOUS DISEASE SPECIALIST | OSF HEALTHCARE

"For the person at home, as we head into holiday season, you want to remember safe food practices. Whether it's with raw meat or raw eggs, you want to wash all those surfaces after you've cooked with them. Wash with soap and water and scrub the surfaces. You want to cook all necessary products to their recommended temperatures."

THERE'S NO NEED TO BREAK OUT THE DISINFECTANTS LIKE BLEACH TO CLEAN SURFACES. CLEANING AND SCRUBBING THE AREA WITH SOAP AND WATER SHOULD SUFFICE. ALSO MAKE SURE TO WASH ANY RAW VEGGIES OR FRUITS WITH WATER BEFORE EATING.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M MATT SHEEHAN.)>>