

Happy Thanksgiving Day



Salmonella Enterocolitis



Salmonella enterocolitis is one of the most common types of food poisoning. It occurs when you swallow food or water that is contaminated with the salmonella bacteria. Any food can become contaminated. For the latest news on the number of cases in the *Salmonella* Saintpaul outbreak, visit the CDC's web site.

Source

What is salmonella?

Salmonella are bacteria that can live in the intestinal tracts of humans and other animals.

What are symptoms of salmonella infection?

Salmonella infection (salmonellosis) can cause **diarrhea** (which may be bloody), **fever**, **nausea**, vomiting, and **abdominal pain**. Symptoms typically start 12-72 hours after infection.

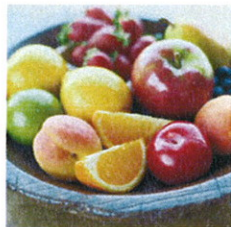
Who's at risk?

Anyone can get salmonella. Most cases aren't severe. Serious and potentially fatal cases are more likely in young children, frail or elderly people, and people with weak immune systems. Those cases can happen when salmonella infection spreads from the intestines to the blood and other parts of the body.

Will rinsing fruits and vegetables get rid of salmonella?

Rinsing tainted **fruits and vegetables** probably won't get rid of salmonella, according to the FDA. In general, it's important to handle foods safely.

That generally means rinsing raw, whole fruits and vegetables under running water and, if you choose, scrubbing them with a small vegetable brush to remove surface dirt. It also means that when you cook foods, you cook them thoroughly.



HR HEALTHY NEWS



What if I wash fruits and vegetables with a detergent, too?

The FDA doesn't recommend using any kind of detergent to wash fresh produce, because "it is not yet known if their residues are harmful to humans," states the FDA's web site.

Does cooking kill salmonella?

Thorough cooking can kill salmonella. But when health officials warn people not to eat potentially contaminated food, or when a food is recalled because of salmonella risk, that means don't eat that food, cooked or not, rinsed or not. The stakes are too high.

Besides tomatoes and peppers, what other foods may contain salmonella?

Any raw food of animal origin -- such as meat, poultry, milk and dairy products, eggs, and seafood -- and some fruits and vegetables may carry salmonella bacteria, states the USDA's Food Safety and Inspection web site, adding that salmonella bacteria can contaminate other foods that come in contact with raw meat and poultry. That's why thorough cooking and cleanliness are so important in the kitchen.



SALMONELLA: FREQUENTLY ASKED QUESTIONS



What can I do to prevent salmonella infection?

It boils down to food safety. That starts on the farm and goes all the way to your kitchen. The U.S. Department of Agriculture (USDA) has this advice:

Consider using paper towels to clean kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.

Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.

If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

Always wash cutting boards, dishes, countertops, and utensils with hot soapy water after they come in contact with raw meat, poultry, and seafood.

Never place cooked food on a plate that previously held raw meat, poultry, or seafood.

Cook foods thoroughly and refrigerate them promptly.

Don't thaw foods at room temperature.

Use a clean food thermometer to check the internal temperature of meat, poultry, casseroles, and other foods.

How does salmonella spread?

Salmonella can pass from human or animal feces to soil, fruits, vegetables, water, or other surfaces. People usually get salmonella by eating contaminated foods. However, salmonella can also spread through contact with pet feces or by handling [contaminated pet food](#).

Reptiles are particularly likely to harbor salmonella bacteria, and chicks and ducklings can carry them too, notes the CDC. The U.S. government bans the sale of [small pet turtles](#) because of salmonella risk.

How is salmonella infection diagnosed?

By a stool test.

How is salmonella infection treated?

Most people don't require treatment other than drinking plenty of fluids. People with severe diarrhea may require re-hydration with intravenous fluids. Antibiotics are usually not used unless the salmonella infection has spread beyond the intestines.



Texas Municipal Retirement System
Providing Retirement Security for Texas Municipal Employees

Vesting/Retirement Eligibility

When you have ten (10) years of service with the City of Edinburg, you are "vested" in the system. As a vested member, if you leave TMRS-covered employment, you may leave your deposits with TMRS. Your deposits will continue to earn interest until you withdraw them or retire. You will be eligible to retire when you meet either of these qualifications, depending on your city's plan:

- You are age 60 or ten (10) years of service credit, or
- You have twenty (20) years of service at any age.

See "My City Plan" for the City of Edinburg retirement eligibility requirement. Service credit with other statewide retirement systems or government entities may also count toward your vesting. The service history shown on your Annual Statement (see page 4) reflects any service with other TMRS cities, plus any buybacks, military service, or restricted prior service credit you are eligible have received.

Taxes and Penalties

If you are not vested, you may decide to withdraw or transfer your funds to an IRA or other qualified plan when you leave employment with a TMRS city. If you refund your member deposits and interest, TMRS is required to withhold 20% of the amount for federal income taxes unless the funds are rolled over directly into an IRA or another qualified plan. If you are less than 59½ years old and receive a refund, you may owe an additional 10% tax penalty to the IRS (unless you end employment in the year you turn 55 or later).

RISK MANAGEMENT'S ultimate goal is to promote and maintain the health of its employees and the general public by striving to prevent injuries and accidents through the continuous education and training of our employees. We believe that Safety is everyone's responsibility and that all tasks can and should be done easily. Our goal is to prevent accidents and/or injuries.

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