

Mayo Clinic Minute: Keeping Thanksgiving salmonella-free

VIDEO	AUDIO
	Your table is set. Guests are starting to arrive. And it's time to carve the turkey. The last thing anyone is thinking about is salmonella infection.
Nipunie Rajapakse, M.D. Infectious Diseases Mayo Clinic	"Salmonella causes something called gastroenteritis. It can cause diarrhea, abdominal pain, vomiting, fever."
	Dr. Rajapakse says if you're hosting the holiday, follow these tips.
	"We don't recommend washing the turkey. That can actually not help you at all and can cause more bacteria to spread around your kitchen and potentially cross-contaminate other foods that you're preparing as well."
	That goes for any raw poultry or meat.
	"Use a meat thermometer to make sure that the turkey reaches the adequate temperatures. Usually, you want to check in a couple of different parts, like the breast and the thigh, to make sure that all of the meat is fully cooked through before you serve it."
	It's fully cooked at 165 degrees Fahrenheit.
	"One of the common things that we see is if someone uses a cutting board, for example, to prepare their turkey, and then they don't wash it off before they start cutting vegetables or making other food on that."
	Enjoy the holiday and keep salmonella off the guest list.
	For the Mayo Clinic News Network, I'm Alex Osiadacz.