

# Can Your Pâté Make YOU Sick?

## Campylobacteriosis outbreak linked to pâté

Campylobacteriosis is the MOST common bacterial foodborne illness. It is caused by the *Campylobacter* bacteria.



### What are the effects?

Symptoms can include fever, stomach cramps, and severe diarrhea.

Symptoms can last for up to one week.

Can cause Guillain-Barre Syndrome which can lead to paralysis.



### Where is it found?

77%

In a recent study, 77% of chicken livers tested positive for *Campylobacter*.



### How can I get it?

Raw chicken livers are a high risk food that have a history of causing illnesses. Liver pâté is a common source for campylobacteriosis due to preparation with undercooked livers.

90% of campylobacteriosis outbreaks in the UK came from undercooked pâté at catered events.

90%

### Why does it thrive in pâté?

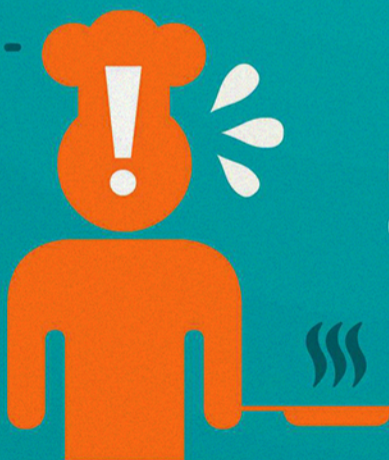
Raw chicken livers contain *Campylobacter* throughout, unlike other chicken parts where it resides on the surface.

Color is NOT an indicator of doneness. Pâté is blended with other ingredients so judging by color is not accurate.

165°F

Cook livers to 165°F as measured with a thermometer.

Many chefs and food service employees are taught to undercook chicken livers in pâté, which allow bacteria to thrive.



### Prevention

- Consuming raw or undercooked poultry is risky, if unsure ask.
- Use a tip-sensitive digital thermometer for accuracy when cooking.
- Avoid cross contamination by washing hands after handling raw animal products.
- Use disposable paper towels to dry your hands.

