



Food Safety

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Food Safety Updates From CDC

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New Web Page: Persistent Strain of *E. coli* O157:H7

CDC recently posted information about a persistent strain of *E. coli* O157:H7 bacteria (REPEXH01) that has caused illnesses and outbreaks in the United States since 2017. The information includes when and where the illnesses have occurred, what sources have been identified, and detailed laboratory data. Visit the [web page](#) to learn more about REPEXH01.

Notable investigations with a confirmed source include an outbreak linked to contaminated recreational water in California in 2017 and an outbreak linked to contaminated irrigation water and romaine lettuce from the Yuma, Arizona, growing region in 2018. Learn more about [recurring, emerging, or persisting strains](#) that can cause illnesses and outbreaks



Today's Food Safety Tip

St. Patrick's Day is just around the corner. You may be preparing food, such as corned beef and cabbage.

If you need to thaw meat or poultry before cooking, you can use the refrigerator, cold water, or microwave method. Here's how to thaw safely:

In the refrigerator: Allow about 24 hours of thawing for every 5 pounds of weight.

In cold water: Allow about 30 minutes of thawing per pound and change the water every 30 minutes.

In the microwave: Follow the microwave manufacturer's instructions.

Get more information on safely [thawing](#) and [cooking](#).



Active Investigations

- [Listeria Outbreak With Unknown Food Source](#)
- [Listeria Outbreak Linked to Enoki Mushrooms](#)
- [Listeria Outbreak Linked to Deli Meat and Cheese \[Watch Instagram Video\]](#)

