



# Excellent Eggs

## HANDLE THEM SAFELY

Senior citizens, pregnant women, small children and people with poor immune systems are at serious risk if they get food poisoning from Salmonella.

They shouldn't eat uncooked or lightly cooked egg dishes unless the eggs have been commercially pasteurised. Salmonella is not visible either on or in eggs – they look, smell and taste the same.

Follow these safety tips:

- Egg meals should be fully cooked for these vulnerable people.  
For example until the yolk of a boiled egg has started to become firm or eggs have become set in omelettes or scrambled eggs.
- As an alternative consider the use of pasteurised eggs.
- Don't buy or use eggs that are cracked or visibly dirty.
- Wash your hands after handling uncooked eggs.
- Store your eggs in the fridge away from ready to eat foods.
- Your eggs will keep best if stored in the carton they came in.



[www.safeeggs.com.au](http://www.safeeggs.com.au)

Australian Food Safety Week  
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[www.foodsafety.asn.au](http://www.foodsafety.asn.au)