

How to Generate Awareness of

Vibrio vulnificus in Raw Oysters within the Hispanic Community

A Media Relations and Community Outreach
Health Education Kit





March 2004

Dear Health Educator,

The U.S. Food and Drug Administration is seeking your participation in educating consumers in your community about the dangers of eating raw Gulf oysters. These oysters may be contaminated with the bacteria *Vibrio vulnificus* that can cause serious illness or death. Of particular concern is the Hispanic community since raw oysters are a favorite food among Hispanics, especially Hispanic males. In the last two years, nine Hispanic men died as a result of eating raw oysters contaminated with the *Vibrio vulnificus* bacteria that lives in the waters of the Gulf coast.

It is imperative to inform these high-risk individuals not to eat raw oysters, and to only eat oysters that have been thoroughly cooked. This campaign needs to begin as soon as possible because as the weather gets warmer the amount of bacteria in the water increases.

What can you do? The answers lie in this electronic *Vibrio vulnificus* education kit which has been designed to assist organizations in conducting state and local campaigns. Developed for flexible use, this kit provides both media and consumer education materials in English and Spanish that can be tailored to your particular area. Please take a moment to look through the materials, including a ready-to-use planning timeline, and make a commitment to include this information in your education plans for 2004.

Thank you for your help.

How to Generate Awareness of

Vibrio vulnificus in Raw Oysters within the Hispanic Community

A Media Relations and Community Outreach Health Education Kit

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How to Generate Awareness of

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A Media Relations and Community Outreach Health Education Kit

Objectives

The objectives of the outreach effort in your market include:

- Generate awareness about potential dangers of eating raw Gulf oysters contaminated with *Vibrio vulnificus* when other health conditions are present
- Educate the Hispanic community and in particular Hispanic males, about:
 - The safe way to eat oysters
 - Avoiding and eliminating risks of eating raw oysters
- Create an association between risk and specific medical conditions such as liver disease, blood disorders, Diabetes and cancer
- Raise awareness of medical and health resources available within the Hispanic community regarding *Vibrio vulnificus*

Approach

The basic written materials needed to launch a bilingual communications effort in your market are contained in this electronic education kit. However, prior to launching a media and community outreach campaign in your market it is recommended that you determine your communications objectives and tailor your activities and materials accordingly. *Are you:*

- Responding to media queries due to a specific *Vibrio*-related death or illness?
- Proactively seeking to educate the Hispanic community to prevent problems? (See *Getting the Word Out Through the Media and Community Outreach.*)

Tactics related to these efforts will differ greatly. If you are responding to a specific incident it is essential that you first meet with health experts and determine exactly what occurred and where. Ask all these questions that reporters will want to have answered and if you can't answer them the reporters will find a way to get the information and it may not be accurate.

1. Who was affected?
2. Which agencies have jurisdiction over the issue?
3. Where the oysters came from?
4. Were they purchased?
5. Were they Gulf oysters or another type?
6. Was *Vibrio vulnificus* the cause of the problem or did something else occur?
7. Who is your bilingual spokesperson and is the person truly a fluent, native speaker who will be able to interact properly with the Hispanic media?
8. What other resources exist in the community to provide information to the media?
9. What community based organizations can assist in providing information to media or to the community?
10. Is there a tollfree number or other community resource available for consumers?

If you are conducting a public health education campaign, the following timeline will help you planning activities for an April launch, typically the beginning of the season when *Vibrio vulnificus* problems arise.

Getting the Word Out Through the Media and Community Outreach—Here's How

As a public health educator, you have an unique opportunity to reach both the media and community organizations. You are no doubt aware that today's working print and electronic journalists are busier than ever, as are you. Reporters are besieged by press releases and spot news that must be covered on an immediate basis. Everyone wants to get their message across in this age of information, but that job is getting tougher for you the public health educator.

For The Print Journalist — General Market

The health beat reporter today is deluged with press releases on everything from the latest in home health products to new prescription medications. Although the Internet and the World Wide Web are beginning to be used to break through that clutter you must be able to deliver a package of information that is clear, concise and most importantly, communicates the angle on why this story is important. To the extent possible, it is always helpful to provide local statistics such as percent of Hispanics living in your market, per capita Gulf oyster consumption and other information that helps "localize" the news. A useful website for information on oysters is the Interstate Shellfish Sanitation Conference at www.issc.org.

The Spanish-Language Print Journalist

In many cases, the print journalist at a Spanish-language newspaper or magazine may not be a "health" reporter. You may need to contact the editor or a reporter that covers metro or lifestyle issues. The best way to make that determination is to read the publication or to place a call and ask who the right contact is. In some cases, the print outlets that you are targeting are bilingual and may even print information in both English and Spanish. The press kit materials that you have are ideally suited for that scenario.

For The Electronic Journalist

Network news affiliates and independent TV "health beat" reporters are always looking for strong visual stories about the world of health and medicine.

To build interest from this audience and promote the proactive, educational aspect of this campaign, you may want to have video B-roll shot from which you can build a localized message for your campaign. B-roll is a term used by the broadcast media for footage from which a story and narrative or voice-over is developed. The short video (2-3 minutes) can feature sound bytes with your local experts in Spanish and English to enable local television stations to produce news stories whether experts are available or not.

Press materials for the electronic journalist should include a news release, the fact sheet about *Vibrio vulnificus* and pre-produced B-Roll video footage, if your budget allows for this filming.

In the Event of Breaking News...

The materials in this kit are designed to meet the needs of a planned communications campaign.

In the event of a breaking news event you may need to prepare a media statement specifically addressing the matter. In that case, the materials in this kit are ideally suited to provide additional background to your specific situation.

Hitting Your Target Audience Through Community Outreach

In addition, you may have many competing education programs vying for your time. But this time your job will be easier. That's because all the tools you need to get the message out regarding *Vibrio vulnificus* and safe oyster consumption are in this electronic health education kit.

The sample materials are designed to educate the media and the Hispanic community about *Vibrio vulnificus* and raw oyster consumption. You will need to localize the information for your

particularly area. However, it will still be necessary to identify a bilingual spokesperson or expert in your community, as Hispanic media will want to interview someone in Spanish.

Spokespersons: The ideal spokesperson is a member of your local health department or a physician, as they will carry the greatest authority with the Hispanic market. Depending on the scope of the news, national versus local, it is strongly recommended that the spokesperson receive media training on key messages prior to the launch of a media tour to ensure that he or she stays on point with the education message and is knowledgeable about the key facts surrounding mortality and morbidity are accurate.

The Electronic Tool Kit

The materials are available in both Spanish and English and include:

- ***Vibrio vulnificus* Campaign Launch Press Release** for you to reformat on your own letterhead and localize with your organization's name. Included in the body of the release are suggested quotes from your experts. Feel free to customize these quotes and be sure to obtain approval before you attribute them to one of your spokespersons.
- **Pitch Letter** for you to send to reporters to let them know about the availability of a spokesperson to be interviewed on certain dates.
- ***Vibrio vulnificus* Fact Sheet** to distribute with the news release and to photocopy in mass quantities to use as a handout at health fairs and community meetings.
- **Feature/Newsletter Article** for use with local newspapers and your organization's publications. Delivered along with a cover sheet noting your contact information, this will enable journalists at smaller weekly and daily newspapers to use the article without going to the time and expense of assigning a reporter to the story. If your budget allows, a newswire or feature article service can distribute the article directly to newsrooms for you.
- **Raw Oyster Myths**—the commonly heard myths and the true facts
- **Recipes for Cooked Oysters** developed by award-winning chef Jesus Sanchez of the American Culinary Federation
- **Fotonovela** *Carlos' Tragic and Mysterious Illness* – an illustrated storybook that shows what may happen if people with weakened immune systems eat raw oysters contaminated with *Vibrio vulnificus*. The English and Spanish versions of the storybook are available in PDF to run off in mass quantities for distribution through community centers, local clinics and health centers, schools, employers and at health fairs.
- **PSAs/Suggested Copy** to provide to your local radio stations. Retype the script on your letterhead providing a contact name and telephone number.

Timeline

This timeline assumes that public education and community outreach activities will be launched prior to the beginning of the “*Vibrio*” season – usually in April. Assuming that timing, the following actions are recommended:

January – February

- Tailor education and press materials:
 - Identify local experts and tailor quotes as needed
 - Include news about area deaths/illnesses in the press release
 - Provide local contact information
 - Include your information for areas highlighted in blue – don’t forget the date, dateline and headline in your release
 - Obtain all required approvals – particularly for quotes
- Identify a bilingual expert and spokesperson
 - *Please ensure that this person is a fluent, native speaker comfortable engaging in rapid and in-depth conversations with reporters, in Spanish*
- Identify community-based organizations to partner with on community outreach
 - Local chapters of:
 - Parent Access Centers (through school districts)
 - YMCA’s
 - Health “Promotoras” and other community outreach programs
 - National Hispanic Healthcare Alliance Chapters
 - *A good place to go for information are schools, clinics and churches*
- Schedule meetings; bring along background information
- Print fotonovelas in English and Spanish. PDF versions are on the web at: <http://www.cfsan.fda.gov/~dms/vv-toc.html>
- Distribute to:
 - Area emergency rooms, clinics, Hispanic physicians, community based organizations
 - Provide template or means to produce copies for organizations who have little funding
 - Include an introductory letter and referrals to your web site and other related experts and communications tools

March

- Research local media contact list
 - Identify general market and Hispanic reporters in your area
 - Obtain e-mail, fax number and phone number and determine reporters' preference for receiving information
 - Create media database
 - Identify newswire service for distribution of launch release and camera ready articles
- Pick a "launch" date – a day when you will officially launch your media outreach effort
- Draft a "pitch" letter to media asking them to meet with your spokesperson to discuss the issue of Vibro vulnificus and how it impacts the Hispanic community (a sample copy follows).
 - Include dates of when your spokesperson will be available for radio, television and in-person interviews with print journalists – this is commonly referred to as a "media tour"
 - Schedule interview dates with your spokesperson and create a schedule of interviews
 - Distribute your media alert informing area media that you have a spokesperson available for interviews in market, during key dates in April.

April

- Distribute your tailored launch release to the general and Hispanic media to coincide with your media tour
- Distribute your feature article to general market and Hispanic media. Determine if your budget allows distribution through a fee-based wire service to assure local pick-up.
- After interviews are completed, follow up with reporters or a clipping service to collect articles that have run
- If your budget allows, contract with media tracking companies to monitor radio and television interviews. It is important to let the tracking companies know ahead of time when an interview is taking place. They will need the market, call letters and time of the interview or the time it aired, in the case of taped interviews.

April – September

Following your initial outreach to the media you should be prepared for a possible resurgence in interest in the event of a *Vibrio vulnificus* illness or death in your area. If this occurs you have the materials ready to distribute to reporters. In addition you may need to:

- Media train your spokesperson on the issue – provide him/her with all of the facts related to the crisis and all key messages related to the FDA's position as well as other agencies involved in the response to the media
- Prepare this spokesperson in both Spanish and English
- Educational materials such as the fact sheet and myths fact sheet will be critically important as it will give reporters facts that they need to write their stories. In addition you will need to:
 - Draft a new release recognizing what has occurred
 - Provide a community resource for concerned individuals who may have a problem and are seeking assistance

Education Kit Materials

Pitch Letter

YOUR LETTERHEAD

Month, date, year

NAME OF YOUR AGENCY LAUNCHES EDUCATIONAL CAMPAIGN WARNING THE HISPANIC COMMUNITY ABOUT RISKS OF EATING RAW OYSTERS

Have you ever eaten a raw oyster? If you or someone you know has, please read the enclosed information – it could save someone's life.

The [Name of Your Agency](#) is issuing a warning to the Hispanic community in [name of city](#), about the risks in eating raw oysters contaminated with a bacteria that lives in the waters of the Gulf coast. In the last two years, nine Hispanic men died in the U.S. from eating raw oysters contaminated with the bacteria, *Vibrio vulnificus*.

It is imperative we get the message out to the community about this issue as soon as possible because as the weather gets warmer the amount of bacteria in the water increases. Also, as you know, raw oysters are a favorite food among Hispanics, especially Hispanic males.

A(n) [name of agency](#) representative will be available for interviews next week on [insert date\(s\)](#) to speak to you. Please consider scheduling an interview to discuss this important topic.

Enclosed is the following information:

- Press Release
- *Vibrio vulnificus* Fact Sheet
- Myths about raw oysters
- Cooked oyster recipes
- Feature article

For more information, please contact:

[Contact name](#)

[Organization](#)

[Phone](#)

[Email](#)

YOUR LETTERHEAD

FOR IMMEDIATE RELEASE

Contact:

Name

Phone Number

Email

**THE [NAME OF YOUR AGENCY](#) LAUNCHES EDUCATIONAL CAMPAIGN
WARNING THE HISPANIC COMMUNITY
ABOUT RISKS OF EATING RAW OYSTERS**

**Deaths of Nine Hispanic Men in Past Two Years Prompts
Call for Action**

[City Name, Date](#) – The [Name of Your Agency](#) today announced the launch of a public health campaign targeted to the Hispanic community.

The campaign is designed to raise awareness about the risks of eating raw oysters for individuals with liver disease and certain other medical conditions that make them more susceptible to infection from the bacterium, *Vibrio vulnificus*. The [Name of Your Agency](#) is advising these “high risk” individuals to only eat cooked oysters, because cooking destroys the bacterium.

Many people eat raw oysters during parties and celebrations, while they are drinking alcohol. Frequently, these individuals don’t understand that eating raw oysters can be dangerous to people with liver disease or weakened immune systems.

“Drinking two to three alcoholic drinks each day can cause liver disease. Liver function may be impaired years before an individual begins to experience symptoms,” explained [Name of Your Expert, Title](#). “These people may be at high risk for infection from *Vibrio vulnificus* and they may not even know it,” [Name of Expert](#) added.

“You can’t tell if an oyster is contaminated by *Vibrio vulnificus* by looking at it or by smelling it,” [Name of Your Expert](#) said. “Because heat kills the bacteria, the only way you can be sure you are not eating a contaminated oyster is to eat it cooked,” [he/she](#) added.

--more--

Name of Your Agency Warns Risks of Raw Oysters

Page Two

To protect themselves from serious illness or death, the FDA is urging anyone whose immune system may be weakened to avoid raw oysters and to cook oysters thoroughly when dining at home, or order them from restaurants cooked when eating out.

Of all foodborne diseases, infection with *Vibrio vulnificus* is one of the most severe. When healthy individuals are affected, mild stomach or intestinal symptoms such as diarrhea or pain may occur. However, 50 percent of the high-risk individuals who are infected with *Vibrio vulnificus* die.

"In the last two years, nine Hispanic men died after eating raw oysters contaminated with a bacterium that is commonly found in waters where oysters are cultivated during the warm weather months," said [Name of Your Expert](#). "Last year's deaths suggest that some people in Hispanic communities may not be aware of the risk of this infection from eating raw oysters."

The common underlying condition of the nine men who died was liver disease, which can be caused by the heavy drinking of alcoholic beverages over a period of time. Diabetes, cancer, iron overload disease, or any illness or medical treatment that weakens the body's immune system can also put individuals at high risk for *Vibrio vulnificus* infection.

[Name of Your Agency's](#) outreach will include a partnership with community-based health organizations and public service announcements. *[NOTE: If your agency will be printing and distributing copies of the fotonovela include the following sentence. If not, omit following sentence].* The [Name of Your Agency](#) will provide health information in the form of a fotonovela (illustrated storybook that shows what may happen if people with weakened immune systems eat raw oysters contaminated with *Vibrio vulnificus*) and by distributing public service announcements.

More information about the risks associated with eating raw oysters is available from [insert information about your agency](#).

###

The Danger of Eating Contaminated Raw Oysters

The [Name of Your Agency](#) Warns the Hispanic Community of the Risks

Summer is here – and so is the time for backyard BBQ’s, warm days at the beach and delicious delicacies from the sea. With the great weather comes enjoyment of a particularly favorite summer food, especially popular among Hispanic families -- raw oysters. However, before you consume this food, the [Name of Your Agency](#) would like you to know that individuals with medical conditions may be at a high risk for becoming seriously ill and dying from eating raw oysters contaminated with a naturally-occurring bacteria. The [Name of Your Agency](#) is advising these high-risk individuals to only eat cooked oysters because cooking kills the bacteria.

In the last two years, nine Hispanic men in the U.S. died from eating raw oysters contaminated with *Vibrio vulnificus* – a bacterium commonly found in waters where oysters are cultivated such as the Gulf of Mexico. *Vibrio vulnificus* is found in higher concentrations during the summer months as water becomes warmer.

“You can’t tell if an oyster is contaminated by *Vibrio vulnificus* by looking at it or by smelling it,” said [Name of Your Expert, Name of the Agency](#) spokesperson. “Nor does the freshness of the oyster mean it is safe from bacteria because it is present in the water where live oysters feed.”

People at Greater Risk

People who drink alcoholic beverages regularly may be at risk for liver disease, and, as a result, are at risk for serious illness or death from consuming raw oysters contaminated by the bacteria.

“Drinking two to three alcoholic drinks each day can cause liver disease and the liver may be impaired years before an individual begins to experience symptoms,” explained [Name of Your Expert](#). “These people may be at high risk for infection from *Vibrio vulnificus* and not even know it,” [Name of Your Expert](#) added.

In addition, diabetes, cancer, stomach disease, iron overload disease, or any illness or medical treatment that weakens the body’s immune system can also put individuals at high risk for *Vibrio vulnificus* infection.

Am I Infected?

Potentially life-threatening to most people, symptoms of *Vibrio vulnificus* infection occurs within 24 to 48 hours of ingestion and may include symptoms such as sudden chills, fever, nausea, vomiting, diarrhea, shock and skin lesions. People with certain medical conditions such as cancer, diabetes or liver disease can die from infection within two days. Anyone showing signs of these symptoms after eating raw oysters should seek medical attention immediately and inform the health care professional on duty that they've eaten raw oysters.

Reducing the Risk

Vibrio vulnificus bacteria is not a result of pollution, so although oysters should always be obtained from reputable sources, eating oysters from "clean" waters or in reputable restaurants with high turnover does not provide protection.

"Many people believe that simply adding lime juice or hot sauce to raw oysters can kill the bacterium," said [Name of Your Expert](#). "The truth is that only heat can destroy the bacteria, so next time you want to enjoy oysters cook them thoroughly when dining at home, or order them from restaurants cooked when eating out.

For more information about the risks associated with eating raw oysters call [insert your agency information](#).

Eating Oysters

At Restaurants:

- Order oysters fully cooked.

Cooking at Home:

- When you purchase oysters the shells should be closed. Throw away any oysters with shells already opened.
- In the shell: After the shells open, boil live oysters for another 3-5 minutes. (Use small pots to boil or steam oysters. Do not cook too many oysters in the same pot because the ones in the middle may not get fully cooked. Discard any oysters that do not open during cooking).
- In a steamer: Add oysters to water that is already steaming and cook live oysters for another 4-9 minutes.

Shucked Oysters:

- Boil or simmer shucked oysters for at least 3 minutes or until the edges curl.
- Fry at 375 degrees for at least 3 minutes.
- Broil 3 inches from heat for 3 minutes.
- Bake at 450 degrees for 10 minutes.

Public Service Announcement

**NAME OF YOUR AGENCY
OYSTER PUBLIC AWARENESS CAMPAIGN
PUBLIC SERVICE ANNOUNCEMENT**

CONTACT: Contact name
 Organization
 Phone/email

START USE: Month, date, year

STOP USE: Month, date, year

READING TIME: Insert Reading Time

WORD COUNT: Insert Word Count

IN THE LAST YEAR TWO YEARS, NINE HISPANIC MEN IN THE U.S. HAVE DIED AFTER EATING CONTAMINATED RAW OYSTERS. A FAVORITE DELICACY FOR MANY HISPANICS, EATING RAW OYSTERS CAN BE RISKY IF YOU HAVE A HEALTH CONDITION SUCH AS CANCER, DIABETES OR LIVER DISEASE. DRINKING TWO TO THREE ALCOHOLIC DRINKS A DAY CAN CAUSE LIVER DISEASES. THE **NAME OF YOUR AGENCY** IS WARNING THE PUBLIC THAT PEOPLE WITH WEAKENED IMMUNE SYSTEMS SHOULD AVOID CONSUMING RAW OYSTERS AT ALL COSTS.

THE **NAME OF YOUR AGENCY** RECOMMENDS THAT IF YOU HAVE A HEALTH PROBLEM YOU SHOULD AVOID RAW OYSTERS AND EAT COOKED OYSTERS INSTEAD. IF YOU EAT A RAW OYSTER AND FEEL SYMPTOMS WITHIN 24-48 HOURS SUCH AS DIARRHEA, STOMACH CRAMPS, FEVER OR MUSCLE ACHES VISIT A DOCTOR IMMEDIATELY.

FOR MORE INFORMATION, CONTACT THE **NAME OF YOUR AGENCY** AT **INSERT PHONE NUMBER**.

THIS IS A MESSAGE FROM THE **NAME OF YOUR AGENCY AND YOUR STATION**.



U.S. Department of Health and Human Services

Food and Drug Administration

Raw Oysters Contaminated With *Vibrio vulnificus* Can Cause Illness and Death

Understanding the Risks

Each year millions of Americans enjoy eating raw oysters. However, some people with certain medical conditions are at high risk for becoming seriously ill and dying from eating raw oysters. The U.S. Food and Drug Administration (FDA) is advising these high-risk individuals not to eat raw oysters, and to only eat oysters that have been thoroughly cooked.

The Cause: *Vibrio vulnificus*

Vibrio vulnificus (*V. vulnificus*) is a bacterium that occurs naturally in warm coastal areas, such as the Gulf of Mexico. *Vibrio vulnificus* is found in higher concentrations in the summer months as water becomes warmer.

Oysters feed by filtering water-surrounding areas where vibrios may thrive and as a result concentrate *V. vulnificus* in their tissues. When a person eats these shellfish raw or undercooked, the bacteria enter the digestive tract and multiply rapidly. In addition to ingestion, high-risk individuals can become infected when cuts, burns or sores come in contact with seawater containing *V. vulnificus*.

The Risk Factors

While not potentially life-threatening to most healthy people, symptoms of *V. vulnificus* infection may occur within 24 to 48 hours of ingestion and may include sudden chills, fever, nausea, vomiting, diarrhea, shock and skin lesions. In people with certain medical conditions such as cancer, diabetes or liver disease death can occur within two days. Anyone showing signs of any these symptoms after eating raw oysters should seek medical attention immediately.

Raw Oysters Contaminated With *V. vulnificus*

Certain health conditions put people at high risk for serious illness or death from *V. vulnificus* infections. Some of these health conditions may be present without any symptoms so people may not know they are at risk. Individuals should check with their doctors if they are unsure of their risk. *Vibrio vulnificus* infections in high-risk individuals have a 50 percent fatality rate.

These conditions include:

- Liver disease (from hepatitis, cirrhosis, alcoholism, or cancer)
- Iron overload disease (hemochromatosis)
- Diabetes
- Cancer (including lymphomas, leukemia, Hodgkin's disease)
- Stomach disorders
- Or any illness or medical treatment that weakens the body's immune system, including HIV infection

Drinking Alcoholic Beverages Regularly and Liver Disease

People who drink alcoholic beverages (including beer and wine) regularly may be at risk for liver disease, and, as a result, at risk for serious illness or death from consuming raw oysters. Even drinking two to three drinks daily can contribute to the development of liver disease, which may occur without symptoms. Alcoholism and infections from Hepatitis can injure the liver and impair its function years before an individual begins to experience symptoms. Liver disease puts people at risk for *V. vulnificus* infection from raw oysters. The risk of death is almost 200 times greater in those with liver disease than those without liver disease.

Reducing Risk

Vibrio vulnificus bacteria are not a result of pollution, so although oysters should always be obtained from reputable sources, eating oysters from "clean" waters or in reputable restaurants with high turnover does not provide protection. Eating raw oysters with hot sauce or while drinking alcohol does not kill the bacteria, either.

Only heat can destroy the bacteria.

Since thoroughly cooking oysters will destroy the bacteria, oysters can continue to be enjoyed in many cooked preparations by following this advice.

Cooking Oysters

The presence of *Vibrio vulnificus* bacteria is not a result of pollution, so although oysters should always be obtained from reputable sources, eating oysters from "clean" waters or in restaurants with high turnover does not provide protection. Eating raw oysters with hot sauce or while drinking alcohol does not kill the bacteria, either. Only heat can destroy the bacteria.

Since thoroughly cooking oysters will destroy the bacteria, oysters can continue to be enjoyed in many cooked preparations by following this advice.

At Restaurants:

- Order oysters fully cooked.

Cooking at Home:

- When you purchase oysters the shells should be closed. Throw away any oysters with shells already opened.
- In the shell: After the shells open, boil live oysters for another 3-5 minutes. (Use small pots to boil or steam oysters. Do not cook too many oysters in the same pot because the ones in the middle may not get fully cooked. Discard any oysters that do not open during cooking).
- In a steamer: Add oysters to water that is already steaming and cook live oysters for another 4-9 minutes.

Shucked Oysters:

- Boil or simmer shucked oysters for at least 3 minutes or until the edges curl.
- Fry at 375 degrees for at least 3 minutes.
- Broil 3 inches from heat for 3 minutes.
- Bake at 450 degrees for 10 minutes.

For further information contact:

FDA Food Safety Hotline (English only) 1-888-SAFEFOOD

FDA website: www.cfsan.fda.gov



U.S. Department of Health and Human Services

Food and Drug Administration

RAW OYSTER MYTHS

Raw oysters contaminated with *Vibrio vulnificus* can be life threatening, even fatal when eaten by someone with liver disease, diabetes or a weakened immune system. However, there are myths that encourage people to eat raw oysters in spite of these dangers. Some of these myths, and the true facts behind them, include:

MYTH: *Eating raw oysters are safe if you drown them in hot sauce, which kills everything.*

Fact: The active ingredients in hot sauce have no more effect on harmful bacteria than plain water. Nothing but prolonged exposure to heat at a high enough temperature will kill bacteria.

MYTH: *Avoid oysters from polluted waters and you'll be fine.*

Fact: *Vibrio vulnificus* in oysters has nothing to do with pollution. Rather these bacteria thrive naturally in warm coastal areas (such as the Gulf of Mexico) where oysters live.

MYTH: *An experienced oyster lover can tell a good oyster from a bad one.*

Fact: *Vibrio vulnificus* can't be seen, smelled, or even tasted. Don't rely on your senses to determine if an oyster is safe.

MYTH: *Alcohol kills harmful bacteria.*

Fact: Alcohol may impair your good judgment, but it doesn't destroy harmful bacteria.

MYTH: *Just a few oysters can't hurt you.*

Fact: Roberta Hammond, Ph.D, the Food and Waterborne Disease Coordinator for Florida, cites a case where a fatality caused by *Vibrio vulnificus* occurred after eating only three oysters. The seriousness of any case depends on many factors, including how much bacteria is ingested and the person's underlying health conditions.

MYTH: *Avoid raw oysters in months without the letter “R” and you’ll be safe.*

Fact: While presence of *Vibrio vulnificus* bacteria is higher in warmer months, according to the Department of Health and Human Service’s Centers for Disease Control and Prevention (CDC), a full 40 percent of cases occur during colder months from September through April.

MYTH: *Raw oysters are an aphrodisiac and will cure a hangover.*

Fact: There is no scientific evidence that either of these commonly held beliefs is true.

Cooked Oyster Recipes

Baked Oysters

Serves 4



Ingredients

16 each	oysters - shucked
1/4 cup	olive oil
1 each	chopped, small onion
1 tablespoon	chopped, garlic
1 each	chopped, jalapeño chili
1 cup	chopped mushrooms
2 cups	chopped, spinach
1/4 cup	whipping cream or milk
1/4 cup	shredded cotija cheese

Preparation

1. Purchase oysters from a reputable vendor. Make sure they are completely closed shut. If an oyster shell is open discard.
2. Clean oysters thoroughly with water and scrub them with a brush so they are free of sand or dirt.
3. Shuck the oysters with a knife and rinse oyster thoroughly with water to clean any sand or dirt.
4. Clean oyster shells and arrange on a baking pan, set aside.
5. In a sauté pan add the oil and cook onions, garlic, and jalapeño peppers for 2 minutes.
6. Add mushrooms, and spinach and cook for 5 minutes or until ingredients are very soft and tender.
7. Season with salt and pepper.
8. Add the cream or milk and reduce slightly.
9. Add the cheese and combine thoroughly. Let mixture cool slightly.
10. Using a spoon, place a very thin layer of the mushroom and spinach mixture in the oyster shells, top with an oyster, then another layer of the spinach and mushroom mixture until you have two layers completed.
11. Sprinkle with cotija cheese and bake at 400 degrees for 10 to 15 minutes or until oysters are light brown and reaches the temperature of 180 degrees.
12. Serve hot and garnish with a lemon wedge.

Fried Oysters

Serves 4



Ingredients

16 each	oysters, shucked
2 cups	vegetables
Salt and pepper to taste	

For the batter:

½ cup	flour plus ¼ cup for dusting
½ teaspoon	baking powder
¼ teaspoon	cayenne pepper
¼ teaspoon	black pepper
¼ teaspoon	salt

For the dipping sauce:

½ cup	mayonnaise
2 tablespoons	lemon juice
1 tablespoon	tapatio sauce

Preparation

1. Purchase oysters from a reputable vendor. Make sure they are completely closed shut. If an oyster shell is open discard.
2. Clean oysters thoroughly with water and scrub them with a brush so they are free of sand or dirt.
3. Shuck the oysters with a knife and rinse oyster thoroughly with water to clean any sand or dirt.
4. Season oysters with ¼ cup of flour seasoned with salt and pepper. Dust the oysters in the flour mixture and refrigerate until ready to use.
5. For the batter mix ½ cup of flour, the baking powder, cayenne pepper, black pepper and salt in a medium bowl. Gradually add the water to the dry mixture to form the batter.
6. In a two-quart saucepan add the oil and bring to a medium heat.
7. Dip the dusted oysters into the batter and slowly fry them in the hot oil for 3 minutes or until golden brown and the internal temperature reaches 180 degrees.
8. Place the fried oysters on a plate lined with paper towels so it absorbs the excess oil. Keep the oysters hot.
9. For the dipping sauce, add all ingredients in a small bowl and whisk until well combined.
10. Arrange 4 fried oysters per plate with some of the dipping sauce. Serve hot.

Spicy Oyster Soup

Serves 4



Ingredients

For the soup:

16 each	oysters, shucked
1/4 cup	olive oil
1 each	chopped, small onion
1 tablespoon	minced, garlic
2 each	chopped, ribs of celery
1 each	chopped, carrot
2 each	chopped, potatoes
1 quart	water
1 each	8 oz. can tomato sauce (salsa de el pato)
1 each	chopped, tomato
Salt and pepper to taste	

Preparation

1. Purchase oysters from a reputable vendor. Make sure they are completely closed shut. If an oyster shell is open discard.
2. Clean oysters thoroughly with water and scrub them with a brush so they are free of sand or dirt.
3. Shuck the oysters with a knife and rinse oyster thoroughly with water to clean any sand or dirt.
4. Using a one-gallon soup pot, bring oil to the smoking point.
5. Add the onions and garlic and cook for 2 minutes.
6. Add celery, carrots, and potatoes and continue to cook for 2 more minutes. Stir constantly so the vegetables are infused with flavor, not browned.
7. Add the water and the tomato sauce and bring to a boil.
8. Add the shucked oysters, season with salt and pepper and simmer until vegetables become fork tender, 10 to 15 minutes.
9. Ladle hot soup into 4 bowls and serve hot.

GARNISH: Fried tortilla chips or chopped cilantro and a wedge of lemon.

Carta de Participación

SU MEMBRETE

Día, mes, año

NOMBRE DE SU AGENCIA LANZA UNA CAMPAÑA EDUCATIVA PARA INFORMAR A LA COMUNIDAD HISPANA ACERCA DE LOS PELIGROS DE COMER OSTIONES CRUDOS

¿Alguna vez comió ostiones crudos? Si usted o alguien que conoce lo ha hecho, le pedimos que lea la información adjunta, la cual podría salvar la vida de una persona.

El [Nombre de su Agencia](#) está alertando a la comunidad de [Nombre de la ciudad](#), sobre los riesgos de comer ostiones crudos contaminados con una bacteria que vive en las aguas de la costa del Golfo. En los dos últimos años, nueve hombres hispanos murieron en los Estados Unidos luego de comer ostiones crudos contaminados con la bacteria *Vibrio vulnificus*.

Es crucial que informemos a la comunidad acerca de este problema cuanto antes ya que cuando llega el clima cálido, aumenta la cantidad de bacterias en el agua. Además, como usted bien sabe, los ostiones crudos son una comida favorita de los hispanos, especialmente entre los hombres.

Considere la posibilidad de programar una entrevista para hablar de este importante asunto con un representante bilingüe de [Nombre de su agencia](#), el día [inserte la fecha\(s\)](#) o publicar la información que aquí le enviamos.

Incluido esta la siguiente información:

- El Comunicado de Prensa
- Hoja de información sobre *Vibrio Vulnificus*
- Mitos de ostiones crudos
- Recetas de ostiones cocidos (fotos disponibles vía e-mail)
- Artículo listo para imprimir (documento electrónico disponible vía e-mail)

Para obtener más información, comuníquese con:

[Nombre del contacto](#)
[Organización](#)
[Teléfono](#)
[Correo electrónico](#)

[Membrete aquí](#)

PARA DISTRIBUCIÓN INMEDIATA

CONTACTO:

[Nombre](#)

[Organización](#)

[Teléfono](#)

[Correo electrónico](#)

[nombre de su agencia](#) **LANZA UNA CAMPAÑA EDUCATIVA
PARA INFORMAR A LA COMUNIDAD HISPANA
ACERCA DE LOS PELIGROS DE COMER OSTIONES CRUDOS
La muerte de nueve hombres hispanos en los dos últimos años
motiva el llamado a la acción**

[Nombre de la ciudad, fecha](#) – [Nombre de su agencia](#) anunció hoy el lanzamiento de una campaña educativa en salud pública dirigida a la comunidad hispana.

La campaña se ha creado a fin de aumentar el conocimiento público sobre los riesgos de comer ostiones crudos para las personas que tienen problemas de hígado y otras enfermedades que los hacen más susceptibles a la infección de la bacteria *Vibrio vulnificus*. El nombre de su agencia aconseja a estas personas con “riesgo alto” que sólo coman ostiones cocinados, ya que la cocción destruye a la bacteria.

Los ostiones crudos se consumen generalmente en fiestas y celebraciones junto con bebidas alcohólicas. El hecho de que el consumo de los ostiones crudos puede ser peligroso para las personas que padecen estas enfermedades no es muy conocido en la comunidad.

“El consumo diario de dos a tres bebidas alcohólicas puede causar problemas al hígado. La función hepática se puede deteriorar años antes de que una persona comience a sentir los síntomas”, dijo [Nombre de su experto, cargo](#). “Estas personas pueden correr riesgos más elevados de sufrir la infección del *Vibrio vulnificus* sin siquiera saberlo”, agregó [Nombre de su experto](#).

-sigue-

Nombre de tu Agencia Campaña de Ostiones Crudos
Página 2

“Uno no puede darse cuenta si un ostión está contaminado con el *Vibrio vulnificus* al mirarlo u olerlo”, dijo **Nombre de su experto**. “Puesto que el calor mata a las bacterias, la única manera de asegurarse que usted no está comiendo un ostión contaminado es cocinarlo antes de comerlo.”

A fin de evitar las enfermedades serias e incluso la muerte, **Nombre de su agencia** recomienda a todas las personas cuyos sistemas inmunológicos estén debilitados que eviten comer ostiones crudos y que cocinen los ostiones completamente cuando los coman en la casa o los pidan cocidos al comer en un restaurante.

De todas las enfermedades causadas por los alimentos, la infección con *Vibrio vulnificus* es una de las más graves. Cuando los individuos sanos se ven afectados, pueden experimentar síntomas gástricos moderados tales como diarrea o dolores. Sin embargo, el 50% de los individuos con riesgo alto que se infecta con el *Vibrio vulnificus* muere.

“En los últimos dos años, nueve hombres hispanos murieron, quienes consumieron ostiones crudos contaminados con *V. vulnificus*, una bacteria comúnmente encontrada en muchas aguas donde se cultivan los ostiones, especialmente durante los meses más cálidos”, dijo **Nombre de su experto**. “La ocurrencia del pasado año causa preocupación debido a que los ostiones crudos son una comida popular en la comunidad hispana, particularmente entre los hombres, quienes pueden desconocer estos riesgos”.

La campaña de **Nombre de su agencia** se implementará en alianza con organizaciones comunitarias de salud y los medios de comunicación. **[NOTE: Si su agencia va imprimir y distribuir copias de la fotonovela, incluya la oración siguiente. Si no, omita la oración siguiente.]** El nombre de su agencia proporcionará la información de salud en forma de fotonovela (libro ilustrado que muestra lo que puede sucederles a las personas con sistemas inmunes debilitados que comen ostiones crudos contaminados con *Vibrio vulnificus*) y distribuyendo anuncios de servicios públicos.

Más información acerca de los riesgos asociados con comer ostiones crudos está disponible en la adicción de información acerca de su agencia.

El peligro de comer ostiones crudos contaminados

El Nombre de su agencia alerta a la comunidad hispana sobre los riesgos

El verano ha llegado y con él, el momento de las barbacoas en el jardín, días cálidos en la playa y los deliciosos frutos de mar. Junto con el gran clima se puede disfrutar uno de los alimentos preferidos del verano, el cual es especialmente popular entre las familias hispanas: los ostiones crudos. Sin embargo, antes de consumir este alimento, el Nombre de su agencia desea que usted esté enterado que las personas con ciertas enfermedades pueden correr mayores riesgos de enfermarse gravemente y morir luego de comer ostiones crudos contaminados con bacterias naturales. El Nombre de su agencia está aconsejando a estas personas con riesgo elevado que coman solamente ostiones cocidos ya que la cocción mata a las bacterias.

En los últimos dos años, nueve hombres hispanos de los Estados Unidos murieron luego de comer ostiones crudos contaminados con el *Vibrio vulnificus* (una bacteria encontrada comúnmente en las aguas donde se cultivan los ostiones, por ejemplo el Golfo de México). El *Vibrio vulnificus* se encuentra en concentraciones más altas durante los meses de verano, cuando el agua está más cálida.

“Uno no puede saber si un ostión está contaminado por el *Vibrio vulnificus* al mirarlo u olerlo”, dijo Nombre de su experto, portavoz de Nombre de su agencia. “La frescura de un ostión tampoco significa que esté libre de bacterias ya que estas están presentes en el agua donde se alimentan los ostiones vivos”.

Personas con mayores riesgos

Las personas que consumen bebidas alcohólicas en forma periódica pueden correr riesgos de padecer de enfermedad del hígado y, consecuentemente, mayores riesgos de padecer de enfermedades graves o morir al consumir ostiones crudos contaminados por las bacterias.

“Beber de dos a tres bebidas alcohólicas diarias puede causar enfermedad del hígado y el hígado se puede deteriorar varios años antes de que un individuo comience a experimentar síntomas”, explicó Nombre de su experto. “Estas personas pueden tener mayores riesgos de sufrir la infección del *Vibrio vulnificus* sin siquiera saberlo”, agregó Nombre de su experto.

Además, la diabetes, cáncer, enfermedad del estómago, enfermedad de la sobrecarga de hierro o cualquier enfermedad o tratamiento médico que debilite el sistema inmunológico pueden aumentar los riesgos de contraer la infección del *Vibrio vulnificus*.

¿Estoy infectado?

Potencialmente con peligros para la vida de la mayoría de las personas, los síntomas de la infección del *Vibrio vulnificus* ocurren dentro de las 24 a 48 horas de la ingestión de ostiones crudos contaminados y pueden incluir síntomas como escalofríos repentinos, fiebre, náusea, vómitos, diarrea, conmoción cerebral y lesiones en la piel. En el caso de ciertas enfermedades como cáncer, diabetes o enfermedades del hígado, la muerte puede ocurrir en el plazo de dos días. Una persona que tenga cualquiera de estos síntomas después de comer ostiones crudos debe recibir atención médica inmediatamente e informar al profesional médico de guardia que ha comido ostiones crudos.

Reducción del riesgo

Las bacterias del *Vibrio vulnificus* no son resultado de la contaminación, por lo que aunque los ostiones deben comprarse en sitios con buena reputación, comer ostiones de aguas "limpias" o en restaurantes reconocidos con alto volumen de ventas no proporciona protección.

"Muchas personas creen que agregar jugo de lima o salsa picante a los ostiones matará a la bacteria", dijo [Nombre de su experto](#). "La verdad es que solamente el calor puede destruir a las bacterias, así que la próxima vez que usted desee comer ostiones, cocínelos bien cuando coma en su casa o pídales cocinados cuando coma en un restaurante".

Para mayor información sobre los riesgos asociados a comer ostiones crudos, llame a [Inserte la información de su agencia](#).

En restaurantes:

- Ordene ostiones completamente cocidos.

Cocinados en la casa:

- Cuando compre ostiones, las conchas deben estar cerradas. Tire todos los ostiones cuyas conchas ya estén abiertas.
- Con su concha: Luego que las conchas se abran, hierva los ostiones vivos durante otros 3 a 5 minutos. (Use ollas pequeñas para hervir o cocinar al vapor los ostiones. No cocine muchos ostiones en la misma olla ya que los que están en el medio puede que no se cocinen completamente. Tire los ostiones que no se abran durante la cocción).
- En una olla al vapor: Agregue los ostiones al agua que ya está hirviendo al vapor cocine los ostiones vivos durante 4 a 9 minutos.

Ostiones sin concha:

- Hierva o cocine a fuego bajo los ostiones sin concha por lo menos 3 minutos o hasta que los bordes se doblen
- Fría a 375 grados por lo menos 3 minutos
- Ase a 3 pulgadas de distancia del fuego durante 3 minutos
- Cocine al horno a 450 grados durante 10 minutos

Anuncio de Servicio Público

NOMBRE DE SU AGENCIA
CAMPAÑA DE CREACIÓN DE CONOCIMIENTO PÚBLICO ACERCA DE LOS OSTIONES
ANUNCIO DE SERVICIO PÚBLICO

CONTACTO: Nombre del contacto
 Organización
 Teléfono/correo electrónico

INICIO: Mes, día, año
FINAL: Mes, día, año
TIEMPO DE LECTURA: Inserte el tiempo de lectura
CONTEO DE PALABRAS: Inserte el conteo de palabras

EN LOS ÚLTIMOS DOS AÑOS, NUEVE HOMBRES HISPANOS DE LOS ESTADOS UNIDOS HAN MUERTO DESPUÉS DE COMER OSTIONES CRUDOS CONTAMINADOS. UN MANJAR PREFERIDO POR MUCHOS HISPANOS, COMER OSTIONES CRUDOS PUEDE SER RIESGOSO SI PADECE DE UNA AFECCIÓN COMO EL CÁNCER, LA DIABETES O ALGUNA ENFERMEDAD DEL HÍGADO. CONSUMIR DOS A TRES BEBIDAS ALCOHÓLICAS AL DÍA PUEDE PROVOCAR ENFERMEDADES DEL HÍGADO. EL **NOMBRE DE SU AGENCIA** ESTÁ ADVIRTIENDO AL PÚBLICO QUE LA GENTE CON SISTEMAS INMUNES DEBILITADOS DEBEN EVITAR EL CONSUMO DE OSTIONES CRUDOS A TODA COSTA.

EL **NOMBRE DE SU AGENCIA** RECOMIENDA QUE SI TIENE ALGÚN PROBLEMA DE SALUD, DEBE EVITAR LOS OSTIONES CRUDOS Y CONSUMIRLOS COCIDOS. SI COME OSTIONES CRUDOS Y PRESENTA SÍNTOMAS, DENTRO DE 24 A 48 HORAS DESPUÉS DEL CONSUMO, COMO DIARREA, CALAMBRES ESTOMACALES, FIEBRE O DOLORES MUSCULARES, CONSULTE AL MÉDICO INMEDIATAMENTE.

PARA OBTENER MAYOR INFORMACIÓN, COMUNÍQUESE CON **NOMBRE DE SU AGENCIA** AL **INSERTE EL TELÉFONO**.

ÉSTE ES UN MENSAJE DE **NOMBRE DE LA AGENCIA Y SU ESTACIÓN** DE RADIO.



U.S. Department of Health and Human Services

Food and Drug Administration

Los ostiones crudos contaminados con *Vibrio vulnificus* pueden ocasionar enfermedades e incluso la muerte

Entendiendo los riesgos

Aualmente, millones de estadounidenses comen ostiones crudos. Sin embargo, algunas personas que padecen ciertas enfermedades corren mayores riesgos de enfermarse gravemente y morir a causa de su consumo de ostiones crudos. La Administración de Medicamentos y Alimentos (FDA por sus siglas en inglés) aconseja a las personas con riesgos altos que no coman ostiones crudos, y que sólo coman ostiones que se han cocinado completamente.

La causa: *Vibrio vulnificus*

El *Vibrio vulnificus* (*V. vulnificus*) es una bacteria que ocurre naturalmente en las áreas costeras cálidas, tales como el Golfo de México. El *Vibrio vulnificus* se encuentra en concentraciones más altas durante los meses de verano, cuando el agua está más caliente.

Los ostiones se alimentan al filtrar el agua del área circundante, donde los vibriones pueden proliferar y consecuentemente concentrar *V. vulnificus* en sus tejidos. Cuando una persona come estos crustáceos crudos o poco cocinados, las bacterias ingresan al tubo digestivo y se multiplican rápidamente. Además de la ingestión, los individuos de alto riesgo pueden infectarse cuando cortes, quemaduras o llagas entran en contacto con agua de mar que contiene *V. vulnificus*.

Los factores de riesgo

Aunque no puede presentar peligros para la vida de la mayoría de la gente sana, los síntomas de la infección del *V. vulnificus* pueden ocurrir dentro de las 24 a 48 horas del consumo y pueden incluir escalofríos repentinos, fiebre, náusea, vómitos, diarrea, conmoción cerebral y lesiones en la piel. En el caso de ciertas enfermedades como cáncer, diabetes o enfermedades del hígado, la muerte puede ocurrir en el plazo de dos días. Una persona que tenga cualquiera de estos síntomas después de comer ostiones crudos debe recibir atención médica inmediatamente.

Ciertas enfermedades elevan los riesgos de padecer lesiones graves o incluso morir a causa de infecciones con el *V. vulnificus*. Algunas de estas enfermedades pueden presentarse sin síntomas, por lo que las personas pueden no saber que corren riesgos. Se recomienda consultar a un médico si no está seguro de sus riesgos. Las infecciones con el *Vibrio vulnificus* en personas de alto riesgo tienen una tasa de mortandad del 50%.

Estas enfermedades incluyen:

- Enfermedad del hígado (a causa de hepatitis, cirrosis, alcoholismo o cáncer)
- Enfermedad de la sobrecarga de hierro (hemocromatosis)
- Diabetes
- Cáncer (incluyendo linfomas, leucemia, enfermedad de Hodgkin)
- Trastornos del estómago
- Cualquier enfermedad o tratamiento médico que debilite el sistema inmunológico del cuerpo, incluyendo infección del VIH

El consumo de bebidas alcohólicas en forma periódica y la enfermedad del hígado

Las personas que consumen bebidas alcohólicas en forma habitual (incluyendo cerveza y vino) pueden correr mayor riesgo de padecer enfermedades del hígado y, como resultado, mayores riesgos de sufrir enfermedades graves o incluso la muerte al ingerir ostiones crudos. El consumo de dos a tres bebidas diarias puede contribuir al desarrollo de la enfermedad del hígado, la que se puede presentar sin síntomas. El alcoholismo y las infecciones de la hepatitis pueden dañar el hígado y deteriorar sus años de función antes de que una persona comience a experimentar síntomas. La enfermedad del hígado aumenta el riesgo de que las personas se infecten con la bacteria del *V. Vulnificus* al comer ostiones crudos. El riesgo de muerte es casi 200 veces mayor en las personas que padecen enfermedad del hígado que en las que no padecen la enfermedad.

Reducción de riesgos

Las bacterias del *Vibrio vulnificus* no son resultado de la contaminación, por lo que aunque los ostiones deben comprarse en sitios con buena reputación, comer ostiones de aguas "limpias" o en restaurantes reconocidos con alto volumen de ventas no proporciona protección. Consumir ostiones con salsa picante o junto con bebidas alcohólicas tampoco mata las bacterias. Sólo el calor puede destruir las bacterias.

Debido a que las bacterias se destruirán sólo si los ostiones se cocinan bien, este manjar puede saborearse en muchas preparaciones cocinadas siguiendo este consejo.

Cocinando los Ostiones

La presencia de la bacteria *Vibrio vulnificus* no es el resultado de la contaminación. Por lo tanto, aunque los ostiones siempre se deben comprar en sitios con buena reputación, comer ostiones procedentes de aguas "limpias" o en restaurantes con alto volumen de ventas no ofrece ninguna protección. Comer ostiones crudos con salsa picante o acompañados de bebidas alcohólicas, no mata a la bacteria. Sólo el calor puede destruir a la bacteria.

Puesto que la bacteria se destruirá solamente si cocina los ostiones completamente, usted podrá seguir disfrutando los ostiones en muchas preparaciones cocinadas siguiendo estos consejos.

En restaurantes:

- Ordene ostiones completamente cocinados.

Cocinado en la casa:

- Cuando compras ostiones, las conchas deben estar cerradas. Tire los ostiones con conchas ya abiertas.
- Con su concha: Luego que las conchas se abran, hierva los ostiones vivos durante otros 3 a 5 minutos. (Use ollas pequeñas para hervir o cocinar al vapor los ostiones. No cocine muchos ostiones en la misma olla ya que los que están en el medio pueden no cocinarse completamente. Tire los ostiones que no se abran durante la cocción).
- En una olla al vapor: Agregue los ostiones al agua que ya está hirviendo al vapor y cocine los ostiones vivos durante 4 a 9 minutos.

Ostiones sin concha

- Hierva o cocine a fuego bajo los ostiones sin concha por lo menos
- 3 minutos o hasta que los bordes se doblen.
- Fría a 375 grados por lo menos 3 minutos.
- Ase a 3 pulgadas de distancia del fuego durante 3 minutos.
- Cocine al horno a 450 grados durante 10 minutos.

Para más información, comuníquese con:

Línea del FDA para la Seguridad en Alimentos (inglés solamente) 1-888- SAFEFOOD

Sitio Web del FDA: www.cfsan.fda.gov



U.S. Department of Health and Human Services

Food and Drug Administration

MITOS DE LOS OSTIONES CRUDOS

Los ostiones crudos contaminados con *Vibrio vulnificus* pueden presentar peligros para la vida, e incluso ser fatales, si los come una persona con problemas de hígado, diabetes o un sistema inmunológico débil. Sin embargo, hay ciertos mitos que animan a las personas a comer ostiones crudos a pesar de estos peligros. Algunos de estos mitos, y sus verdades, incluyen:

MITO: *Comer ostiones crudos es seguro si les agrega mucha salsa picante, la que mata todo.*

VERDAD: La salsa picante no destruirá las bacterias dañinas, en realidad, los ingredientes activos de la salsa picante tienen el mismo efecto en las bacterias que el agua. Sólo la exposición prolongada al calor a una temperatura suficiente matará a las bacterias.

MITO: *Evite los ostiones de aguas contaminadas y usted no tendrá problemas.*

VERDAD: El *Vibrio vulnificus* en los ostiones no tiene nada que ver con la contaminación. Estas bacterias prosperan naturalmente en áreas costeras cálidas (tales como el Golfo de México).

MITO: *Una persona que come ostiones frecuentemente puede distinguir entre un ostión bueno y uno malo.*

VERDAD: El *Vibrio vulnificus* no puede verse, olerse ni saborearse. No confíe en sus sentidos para determinar si un ostión es seguro.

MITO: *El alcohol mata a las bacterias dañinas.*

VERDAD: El alcohol no destruye las bacterias dañinas y puede perjudicar su buen juicio.

MITO: *Unos pocos ostiones no le pueden hacer mal.*

VERDAD: Roberta Hammond, PhD, coordinadora de Alimentos y Enfermedades en Suspensión en el Agua para Florida, cita un caso donde una persona murió a causa del *Vibrio vulnificus* luego de comer solamente tres ostiones. La seriedad de cualquier caso depende de muchos factores, incluyendo cuántas bacterias se ingieren y el estado de salud de la persona.

MITO: *Evite los ostiones crudos durante los meses que no tengan la letra "R" y no tendrá problemas.*

VERDAD: Mientras que la presencia de la bacteria *Vibrio vulnificus* es más alta en los meses más cálidos, puede también estar presente durante todo el año.

MITO: *Los ostiones crudos son un afrodisíaco y curarán una cruda o resaca.*

VERDAD: No hay evidencia científica que estas dos creencias comunes sean verdad.

Para más información, comuníquese con:

Línea del FDA para la Seguridad en Alimentos (inglés solamente) 1-888- SAFEFOOD

Sitio Web del FDA: www.cfsan.fda.gov

Recetas para Ostiones Cosidos

Ostiones horneados

Rinde 4 porciones



Ingredientes

16	ostiones - sin concha
1/4 taza	aceite de oliva
1	cebolla pequeña picada
1 cucharada	ajo picado
1	chile jalapeño cortado en pedacitos
1 taza	hongos cortados en pedacitos
2 tazas	espinaca cortada
1/4 taza	crema de leche o leche
1/4 taza	queso cotija desmenuzado

Preparación

1. Compre los ostiones en sitios con buena reputación. Asegúrese que estén completamente cerrados. Si la concha de un ostión está abierta, tírelo.
2. Limpie bien los ostiones con agua y friéguelos con un cepillo a fin de sacarles la arena o tierra.
3. Abra la concha de los ostiones con un cuchillo y lávelos con agua para retirar arena o tierra.
4. Lave las conchas de los ostiones y colóquelas en una charola para horno, deje aparte.
5. En una sartén, agregue el aceite y cocine la cebolla, ajo y chile jalapeño durante 2 minutos.
6. Agregue los hongos y la espinaca y cocine durante 5 minutos o hasta que los ingredientes estén tiernos.
7. Sazone con sal y pimienta.
8. Agregue la crema o leche y reduzca un poco.
9. Agregue el queso y mezcle bien. Enfríe la mezcla levemente.
10. Usando una cuchara, coloque una capa muy fina de la mezcla de hongos y espinaca en la cocha de los ostiones, cubra con un ostión, luego otra capa de la mezcla de hongos y espinaca hasta tener dos capas completas.
11. Espolvoree queso cotija y hornee a 400 grados durante 10 a 15 minutos o hasta que los ostiones tengan un color café claro y alcancen una temperatura de 180 grados.
12. Sirva caliente con una rodaja de limón como guarnición.

Ostiones fritos

Rinde 4 porciones



Ingredientes

16	ostiones, sin concha
2 tazas	vegetales
Sal y pimienta a gusto	

Para el rebozado:

½ taza para espolvorear	harina más ¼ de taza
½ cucharita	polvo de hornear
¼ cucharita	pimienta de cayena
¼ cucharita	pimienta negra
¼ cucharita	sal

Para la salsa de acompañamiento:

½ taza	mayonesa
2 cucharas	jugo de limón
1 cuchara	salsa tapatío

1. Compre los ostiones en sitios con buena reputación. Asegúrese que estén completamente cerrados. Si la concha de un ostión está abierta, tírelo.
2. Limpie bien los ostiones con agua y fríéguelos con un cepillo a fin de sacarles la arena o tierra.
3. Abra la concha de los ostiones con un cuchillo y lávelos con agua para retirar arena o tierra.
4. Condimente ¼ de taza de harina con sal y pimienta. Proceda a espolvorear los ostiones con esta harina y colóquelos en el refrigerador hasta su uso.
5. Para el rebozado, mezcle ½ taza de harina, el polvo de hornear, la pimienta de cayena, la pimienta negra y la sal en un tazón mediano. Gradualmente, agregue agua a la mezcla seca para preparar el rebozado.
6. En una cazuela de dos cuartos, cocine el aceite a fuego mediano.
7. Reboce los ostiones en la mezcla de harina y fríalos lentamente en el aceite caliente durante 3 minutos o hasta que estén dorados y la temperatura interna alcance los 180 grados.
8. Coloque los ostiones fritos en un plato cubierto con toallas de papel para absorber el exceso de aceite. Mantenga los ostiones calientes.
9. Para la salsa de acompañamiento, agregue todos los ingredientes en un tazón pequeño y bata hasta que estén bien mezclados.
10. Coloque 4 ostiones fritos por plato con un poco de salsa de acompañamiento. Sirva caliente.

Sopa picante de ostiones

Rinde 4 porciones



Ingredientes

Para la sopa:

16	ostiones, sin concha
1/4 taza	aceite de oliva
1	cebolla pequeña picada
1 cucharada	ajo picado
2	troncos de apio cortados
1	zanahoria cortada
2	papas cortadas
1 cuarto de galón	agua
1	8 oz. de salsa de tomate en lata
1	tomate cortado

Sal y pimienta a gusto

Preparación

1. Compre los ostiones en sitios con buena reputación. Asegúrese que estén completamente cerrados. Si la concha de un ostión está abierta, tírelo.
2. Limpie bien los ostiones con agua y friéguelos con un cepillo a fin de sacarles la arena o tierra.
3. Abra la concha de los ostiones con un cuchillo y lávelos con agua para retirar arena o tierra.
4. Usando una cazuela para sopa con una capacidad de 1 galón, caliente bien el aceite.
5. Agregue la cebolla y el ajo y cocine durante 2 minutos.
6. Agregue el apio, zanahoria y papas y continúe cocinando durante 2 minutos más. Revuelva constantemente para que los vegetales adquieran sabor, cuidando de que no se quemen.
7. Agregue el agua y la salsa de tomate. Lleve a punto de ebullición.
8. Agregue los ostiones sin concha, sazone con sal y pimienta y hierva a fuego bajo hasta que los vegetales estén tiernos al tocarlos con un tenedor, o de 10 a 15 minutos.
9. Transfiera la sopa con un cucharón a 4 tazones y sirva caliente.

GUARNICIÓN: Chips de tortillas fritas, cilantro picado o una rodaja de limón.