



# CONSUMER ADVISORY

The Illinois Department of Public Health advises that eating raw or undercooked meat, poultry, eggs or seafood poses a health risk to everyone, but especially to the elderly, young children under age 4, pregnant women, and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness. For further information, contact your physician or public health department.

John R. Lumpkin, M.D., M.P.H.  
Director  
Illinois Department of Public Health