

DON'T LET SHELLFISH MAKE YOU SICK

Kitsap County is home to numerous public beaches approved for shellfish harvesting. Shellfish are generally safe to eat, but they can cause illness when they become contaminated with bacteria, viruses, and toxins. The following information can help keep you and your family safe when harvesting and preparing shellfish.

HOW DO SHELLFISH MAKE YOU SICK?

Eating shellfish contaminated with biotoxins, sewage, and other pollutants can make you sick. The risk of illness increases when you eat raw shellfish. Proper cooking will kill bacteria and viruses, but will not eliminate toxic chemicals or destroy biotoxins. So, *know before you dig* by:

- 1. Checking the safety status of shellfish harvesting** by calling 1-800-2BE-WELL (1-800-223-9355) for Kitsap County or 1-800-562-5632 for statewide information. You can also visit kitsappublichealth.org/shellfish for information and a map showing shellfish advisories. Sign-up for Kitsap County shellfish



KITSAP PUBLIC
HEALTH DISTRICT

345 6th Street
Suite 300
Bremerton, WA 98337

360-728-2235
360-813-1379 (fax)

kitsappublichealth.org

harvesting advisories at kitsappublichealth.org/ subscribe, or call the Health District at 360-728-2235.

- 2. Checking the harvest seasons and licensing requirements** on the Washington State Department of Fish and Wildlife website (<http://wdfw.wa.gov/fishing/shellfish/>) or by calling 1-866-880-5431.

SAFELY STORING & PREPARING SHELLFISH

- Refrigerate or ice shellfish quickly after harvesting to keep them cool (41°F or below).
- Cook live shellfish only. Live shellfish have closed shells. If their shells are open, they respond to touch.
- Cook shellfish thoroughly, especially in summer months. The internal temperature of the shellfish should reach at least 145°F for 15 seconds.

REPORT ILLNESS

If you do get sick after eating shellfish, report your illness to us so that we can warn others: 360-728-2235.

Symptoms of Biotoxin Poisoning

Call 911 for immediate medical assistance if you experience these symptoms within one hour:

- Tingling or numbness of the lips or tongue
- Muscle weakness
- Difficulty breathing
- Nausea or vomiting

Symptoms of Bacterial or Viral Infection

Check with your doctor if you are experiencing these symptoms within 1-7 days:

- Nausea
- Vomiting
- Fever

QUESTIONS?

Contact the Kitsap Public Health District: 360-728-2235 or visit <http://www.kitsappublichealth.org/shellfish>. Additional information is also available from the Washington State Department of Health at 360 236-3330 or <http://www.doh.wa.gov/CommunityandEnvironment/Shellfish>.