



CITY OF CONCORD

HEALTH & LICENSING NEWSLETTER

Q1 - WINTER 2026

We hope you'll find this quarterly newsletter helpful with informational health and food safety tips.
-Health & Licensing Staff, Code Administration Division

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PATHOGEN OF THE QUARTER: VIBRIO

What is it? Vibrio are bacteria that live naturally in certain coastal waters. They are typically found in higher numbers when the water is warm, in May through October. Infections are caused by eating raw or undercooked shellfish, particularly oysters. People can also get it by swimming in coastal waters with an open wound.

Most Common Species Causing in U.S.:

- Vibrio parahaemolyticus
- Vibrio vulnificus
- Vibrio alginolyticus

Onset Time After Ingestion:

- Vibrio parahaemolyticus: 4-96 Hours
- Vibrio vulnificus: 1-7 days

Common Symptoms: Watery diarrhea, nausea, fever, chills

Bloodstream Infection: fever, chills, dangerously low blood pressure, blistering skin lesions

Wound Infection: fever, swelling, warmth, discoloration, discharge

Complications: Severe and life-threatening infections. Some infections can lead to necrotizing fasciitis, which is a severe infection in which flesh around an open wound die.

Source: [CDC](#)



PROPER THAWING

Thawing foods properly is important to prevent the growth of bacteria, avoiding foodborne illness outbreaks and preventing cross contamination, just to name a few reasons.

With improper thawing, it can lead to the growth of harmful bacteria, like salmonella and clostridium. Cross contamination can happen if the food isn't properly packaged or sealed, the water or juices can contaminate nearby foods and/or equipment.



Proper ways to thaw include:

- Thaw Foods in a cooler under 41°F
- Submerge under running water (clean prep sink only). Keep water at or below 70°F, never let go longer than 4 hours
- Thaw in microwave (immediately cook afterwards)
- Thaw as part of the cooking process (from frozen)

DO NOT leave foods out to thaw at room

temperature. Thawing at room temperature leads to rapid bacterial growth when the food enters the “Temperature Danger Zone” (41°F to 135°F). As the temperature of the food gets warmer, certain types of bacteria can create a protective “shield” over themselves which can prevent them from being destroyed by heat.

2022 FDA Food Code: 3-501.13

KEEPING DOORS & WINDOWS SHUT

It's important to keep doors and windows closed, especially as the weather warms up and it feels nice outside.

While it's tempting to let in the fresh air, unless you have screens on your windows, a screen door, or other protective measures against insects and rodents, doors and windows must remain closed and cannot be propped open.

This helps ensure a clean and safe environment, preventing pests from entering and potentially contaminating the area. Your attention to this detail is essential for maintaining a hygienic and pest-free space.

If the windows or doors of a food establishment...are kept open for ventilation or other purposes...the openings shall be protected against the entry of insects and rodents by:

- 16 mesh to 25.4 mm (16 mesh to 1 inch) screens
- Properly designed and installed air curtains to control flying insects; or
- Other effective means

2022 FDA Food: 6-202.15



FOOD MYTHS & FACTS

Myth: If you leave food out for more than 2 hours, you can make it safe by reheating it really hot.

Fact: Some bacteria, such as Staphylococcus and Bacillus cereus, produce toxins that cannot be destroyed by high cooking temperatures. Refrigerate perishable foods within 2 hours, in a refrigerator temperature of 40 degrees or below.