



Mi Tierra

Foodborne illness outbreak investigation

UPDATED MARCH 16, 2017

Mi Tierra has been inspected and been given approval to reopen as of 10:00 a.m., Friday, March 17, 2017. After receiving no reports of ill food workers and ensuring that the establishment had been thoroughly disinfected, Public Health authorized Mi Tierra to reopen.

Public Health has received additional reports of illness, all of which were from meal dates prior to Monday, March 13th.

POSTED MARCH 15, 2017

Public Health is investigating an outbreak of gastroenteritis with nausea, vomiting and diarrhea associated with Mi Tierra Restaurant located at 13408 NE 175th St in Woodinville. People from three unrelated meal parties reported symptoms consistent with norovirus following meals that were consumed on March 10th and March 11th. As many as 21 people may have been impacted by the outbreak, though not all were interviewed directly by Public Health.

Public Health received the initial report of illness on Monday 3/13/17 with subsequent reports occurring on Tuesday and Wednesday. As part of the Public Health investigation, Environmental Health inspectors visited the restaurant on 3/15/17. The restaurant is working cooperatively with Public Health and voluntarily closed on 3/15 to allow time for thorough cleaning and sanitizing. A return visit will be conducted to ensure that the facility has been decontaminated before the restaurant re-opens to the public.

About norovirus

Norovirus is a highly contagious virus that is frequently spread person-to-person and is often associated with food. Norovirus illness often has a sudden onset of nausea and vomiting and/or watery diarrhea with cramps. A low grade fever, chills, and body aches sometimes occur. Norovirus rarely causes severe complications. Dehydration is the most common complication, particularly among young children and the elderly. No vaccine is available for norovirus.

To prevent norovirus infection:

1. Because raw seafood can be contaminated with norovirus, always cook shellfish and other seafood thoroughly before eating.

2. Wash cutting boards and counters used for shellfish preparation immediately after use to avoid cross contaminating other foods.
3. Wash hands thoroughly with soap after using the bathroom or changing diapers, and before preparing any food or eating.
4. Wait at least 48 hours after the last episode of vomiting and/or diarrhea before preparing any food for others.

For more information on norovirus, see:

1. [Norovirus facts, Public Health – Seattle & King County](#)
2. [Norovirus facts, Foodsafety.gov](#)

Last Updated June 1, 2017