Campylobacter outbreak associated with How to Cook a Wolf in Seattle

AT-A-GLANCE	
Cases	3
Hospitalizations	0
Deaths	0
Status	Investigation is complete
Location	How to Cook a Wolf, 2208 Queen Anne Ave N, Seattle, WA 98109
Meal Date Range	January 31, 2026
Illness Onset Date Range	February 1, 2026, and February 4, 2026
Current Inspection Rating	Excellent

Summary

Public Health investigated an outbreak of *Campylobacter* associated with How to Cook a Wolf in Seattle. Based on our investigation, people may have become sick from eating chicken liver mousse.

This outbreak is over, and our investigation is complete.

Illnesses

Since February 6, 2026, three people became sick with symptoms of *Campylobacter* illness, including diarrhea, fever, feeling queasy (nausea), chills, body aches, and feeling very tired (fatigue).

We did not find any sick restaurant workers with signs of *Campylobacter* illness.

Public Health Actions

We interviewed two people who became sick to learn more about their symptoms and what they ate.

On February 24, 2026, we visited the restaurant to talk about how they prepare their chicken liver mousse. Undercooked poultry products, including chicken liver mousse, can carry a higher risk of being contaminated with *Campylobacter* bacteria if they are not fully cooked.

To help reduce this risk, we gave the restaurant guidance on improving food safety, including:

- Doing regular temperature checks and keeping logs for high-risk foods like chicken liver mousse.
- Making sure all poultry products reach a final cooking temperature of 165°F or higher.

Laboratory Testing

One person tested positive for *Campylobacter*.

About *Campylobacter*

- *Campylobacter* bacteria are one of the most common causes of diarrheal illness and other stomach problems
- People most commonly get *Campylobacter* illness by:
    - Eating raw or undercooked poultry or other foods, including seafood, meat, and produce
    - Preparing raw or lightly cooked foods, including salad and fruits, with knives or on cutting boards that were used with raw poultry, seafood, or meat
    - Touching animals or things in their environment

    - Drinking untreated water
- Symptoms can include:
    - Diarrhea (sometimes bloody)
    - Fever
    - Stomach pains
    - Nausea or vomiting
- Symptoms usually begin 2 to 5 days after swallowing *Campylobacter* and often go away within 7 days
- *Campylobacter* infection can sometimes lead to other health problems, including irritable bowel syndrome, arthritis, and nerve damage (Guillain-Barré Syndrome)

How to protect yourself from *Campylobacter*

- Wash your hands often with soap and water, especially when handling animals or raw meat
- Cook poultry and foods containing poultry (such as sausages and casserole) to at least 165°F to kill harmful bacteria
- Keep raw meat separate from other foods. Use separate cutting boards and clean them properly
- If your poultry looks undercooked in a restaurant, ask for it to be cooked more.
- Drink only pasteurized milk and safe, treated water
- Wash your hands after touching animals, their food or their poop