UPDATES

Health notices · Friday 16 October

3 notices from the agencies today, in plain words, each with the original linked.

Raw mild cheddar recalled over possible E. coli O157:H7

CDC · Food safety

If you have raw mild cheddar from Family Farmstead Dairy, the Centers for Disease Control and Prevention is alerting you to a recall. The cheese may be contaminated with Escherichia coli O157:H7 (E. coli O157:H7).

E. coli O157:H7 can cause diarrheal illness, often with bloody stools. This matters because you could become sick from eating contaminated cheese.

The recall was announced on 2026-10-15 by Family Farmstead Dairy in Worcester, New York.

Read the original notice

New antidepressant safety information for suicidal thoughts and sexual dysfunction

MHRA · Safety

MHRA is introducing new safety measures for all patients taking antidepressants. This includes updated patient information leaflets and a new patient card to better highlight risks of suicidal thoughts and behaviours, and sexual dysfunction that may continue after stopping.

If you have new or worsening suicidal thoughts-especially when starting or after changing dose-seek urgent medical attention. You can call NHS 111, your local mental health crisis team, Samaritans on 116 123, or text "SHOUT" to 85258.

You may experience sexual dysfunction with some antidepressants, which may continue even after you stop. If you have concerns, contact your healthcare professional. These are not new risks, but it is important to be aware.

What to do

Read the original notice

- Do not stop taking your medicine without first speaking to your healthcare professional.
- Please also read the patient card and the Patient Information Leaflet which contains important information about your medicine.

- When it becomes available in 2027, you will also receive a supporting safety (ancillary) leaflet.
- Report suspected side effects via the Yellow Card scheme.

Class II recall for benzoyl peroxide wash due to microbial contamination

FDA · Recall

The US Food and Drug Administration reports a Class II recall of Benzoyl Peroxide Wash, USP, 5% (5 fl oz / 148 mL). The product was distributed in Illinois only.

The recall is due to microbial contamination found in the topical product.

If you are in Illinois and use this specific wash, this may affect you because the product you have could be contaminated. The notice does not list specific next steps.

Read the original notice

Where this comes from

- Raw mild cheddar recalled over possible E. coli O157:H7

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766666
- New antidepressant safety information for suicidal thoughts and sexual dysfunction

  mhra · https://www.gov.uk/drug-safety-update/antidepressants-new-safety-measures-for-all-patients-to-improve-communicatio
- Class II recall for benzoyl peroxide wash due to microbial contamination

  US Food and Drug Administration - enforcement report · https://www.fda.gov/drugs/drug-safety-and-availability/drug-recalls