UPDATES

Health notices · Tuesday 6 October

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

Nature's Own Hawaiian Bread recalled due to undeclared milk

CDC · Food safety

Centers for Disease Control and Prevention (CDC) notes a recall of Nature's Own Hawaiian Bread (20 oz and 40 oz bags). The reason is undeclared milk ingredients.

If you have a milk allergy or severe milk sensitivity, eating this bread may trigger an allergic reaction.

The recall was announced on 2026-10-02 in Thomasville, Georgia, by Flowers Foods, Inc.

What to do

Read the original notice

- Do not eat the recalled Nature's Own Hawaiian Bread if you have a milk allergy or severe sensitivity to milk.

AvKare lubricant eye drops recalled for sterility concern

FDA · Recall

If you used AvKare Carboxymethylcellulose Sodium Ophthalmic Solution 0.5% lubricant eye drops, the FDA says a recall has been issued due to lack of assurance of sterility.

Sterility means the product is free from harmful germs. If sterility is not assured, using the drops could increase risk of eye infection.

The FDA notice does not say specific dates by location. It states the product was distributed across the USA nationwide.

What to do

Read the original notice

- Check whether your AvKare lubricant eye drops are part of this recall.
- Stop using the recalled drops and follow the recall instructions in the FDA notice.

CDC added new Lyme disease educational materials

CDC · Guidance

If you want to prevent Lyme disease or recognize it early, the CDC has curated new education materials-graphics, brochures, posters, radio messages, and videos.

Lyme disease is caused by Borrelia bacteria spread through blacklegged tick bites. Symptoms like fever and rash can be treated with antibiotics.

Where to start: the CDC's Lyme Disease Educational Materials page lists "No Time for Lyme" materials and updates dated 2026 for several items.

What to do

Read the original notice

- Use the CDC's Lyme Disease Educational Materials page to find the newest materials, videos, and podcasts.

Where this comes from

- Nature's Own Hawaiian Bread recalled due to undeclared milk

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766589
- AvKare lubricant eye drops recalled for sterility concern

  US Food and Drug Administration - enforcement report · https://www.fda.gov/drugs/drug-safety-and-availability/drug-recalls
- CDC added new Lyme disease educational materials

  Centers for Disease Control and Prevention · https://tools.cdc.gov/api/v2/resources/purls/JGL