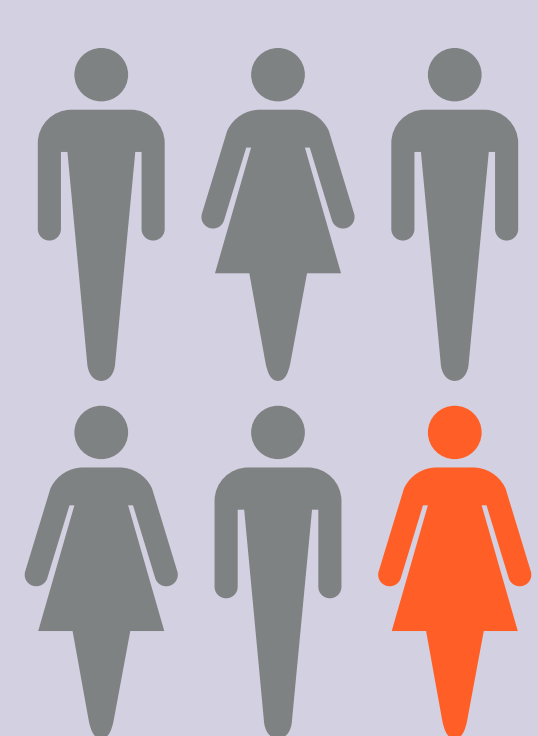


# Foodborne Illnesses

## IN JUST A FEW BITES



One in six Americans experience food poisoning every year.


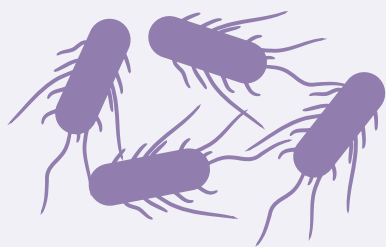
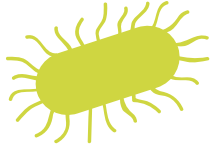
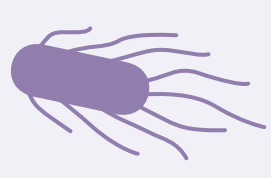
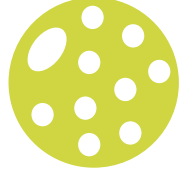
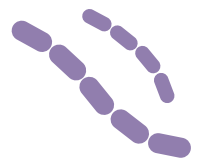
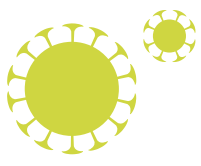




### Food poisoning can cause:

- Abdominal pain or cramps
- Nausea
- Vomiting
- Diarrhea
- Fever

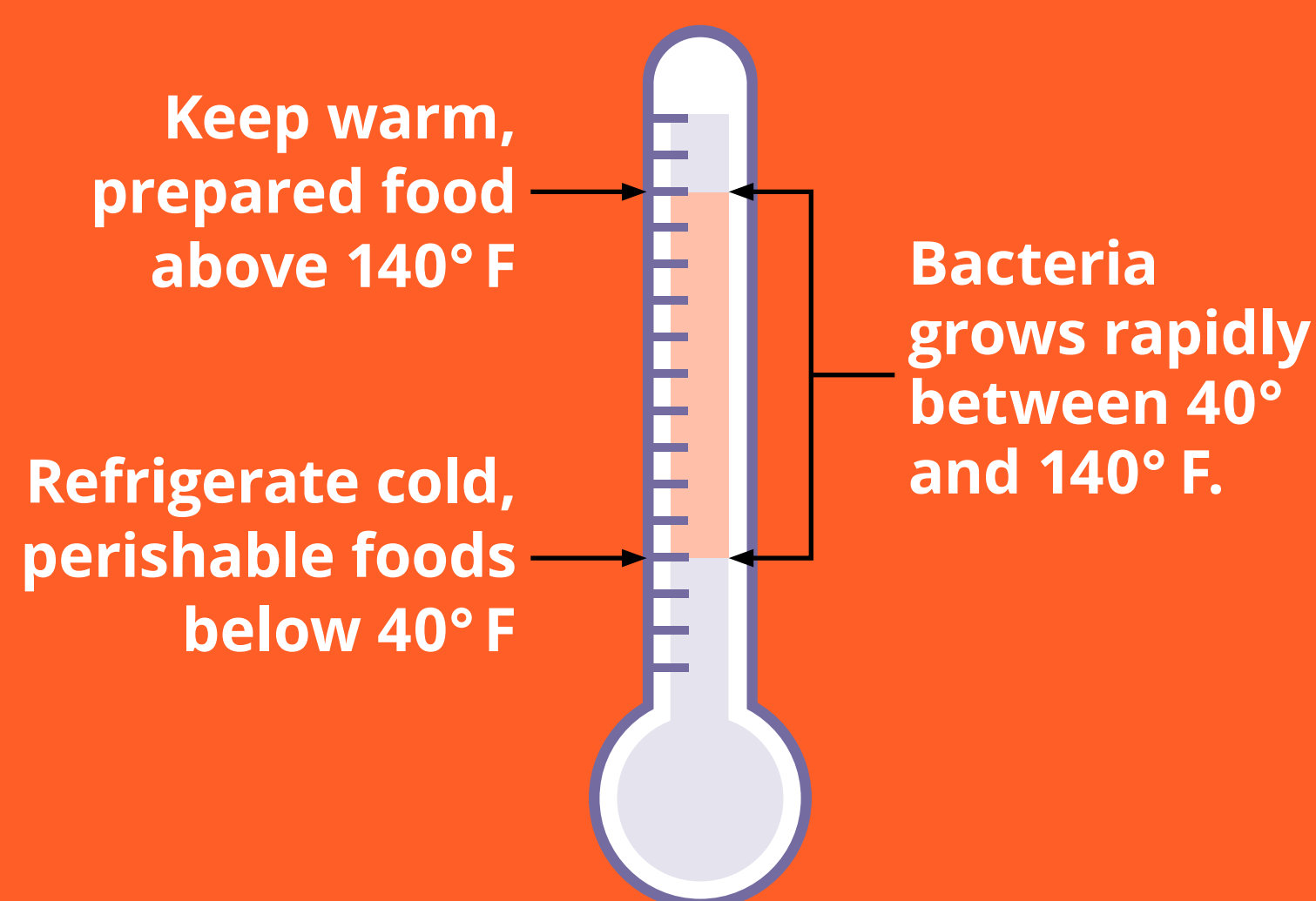
Some strains of bacteria that cause food poisoning can lead to bloody diarrhea or kidney failure, and can be deadly.

## Food can be contaminated in two ways

FROM THE SOURCE		
Microbe	Typical Source	Symptoms
<b>Campylobacter (bacterium)</b> 	Unpasteurized milk, chicken, shellfish or turkey	Diarrhea, cramps, vomiting and fever Go to the emergency department if you have bloody diarrhea.
<b>E. coli (bacterium)</b> 	Undercooked ground beef, unpasteurized milk and juice, soft cheeses, raw fruits and vegetables Contaminated water Livestock Feces	Severe diarrhea, abdominal pain and vomiting with no fever More advanced symptoms: decreased urine production, dark urine and loss of color in the face Go to the emergency department if you have bloody diarrhea or any advanced symptoms.
<b>Listeria (bacterium)</b> 	Unpasteurized dairy products Raw fruits and vegetables Deli meats, meat spreads, hot dogs, smoked seafood	Diarrhea and fever Severe cases may progress into muscle stiffness, aches or convulsions, loss of balance and confusion.
<b>Salmonella (bacterium)</b> 	Contaminated vegetables, poultry, fruits, nuts, eggs, beef and sprouts Animals: snakes, turtles, lizards, amphibians and birds	Diarrhea, vomiting, abdominal pain and fever
<b>Cyclosporiasis (parasite)</b> 	Food or water contaminated by parasite	Diarrhea, vomiting, loss of appetite, abdominal pain, bloating, nausea, fatigue and low-grade fever
DURING PREPARATION OR STORAGE		
Microbe	Typical Source	Symptoms
<b>Bacillus cereus (bacterium)</b> 	Starchy foods, such as rice, sauces and soups, left too long at room temperature	Diarrhea, abdominal pain, vomiting and nausea
<b>Clostridium perfringens (bacterium)</b>	Beef or poultry left too long at room temperature	Diarrhea and abdominal pain (no fever or vomiting)
<b>Norovirus (virus)</b> 	Food contaminated by infected person during preparation	Diarrhea, vomiting, abdominal pain and nausea
<b>Shigella (bacterium)</b> 	Food contaminated by infected person during preparation	Sudden abdominal pain, fever, diarrhea, and the need to defecate when bowels are empty
<b>Staphylococcal (bacterium)</b> 	Food contaminated by infected person during preparation	Sudden nausea, vomiting and abdominal pain

## Reduce your risk

### The "Danger Zone"



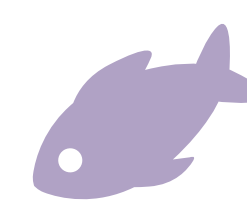
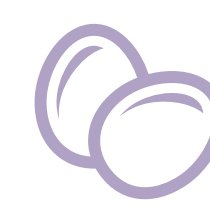
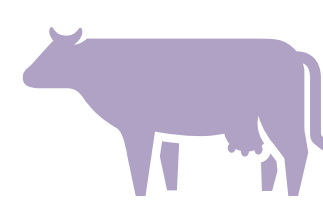
### Keep it clean

- Wash your hands before, during and after cooking and before eating.
- Keep your cooking area and utensils clean.



### Keep it separate

Separate raw meat, poultry, eggs and seafood from other foods and utensils.

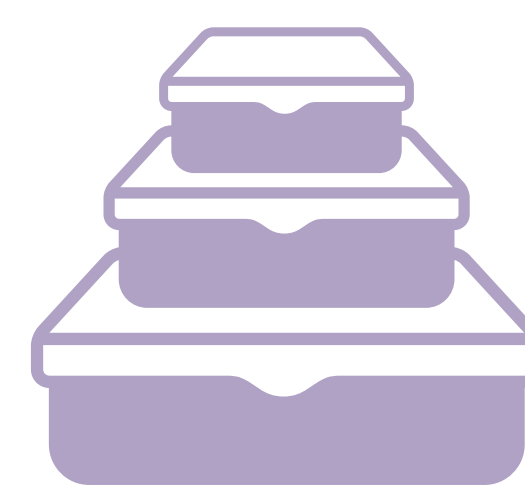


### On the clock

- Refrigerate cooked food within two hours.
- Discard perishable foods that have been left at room temperature for more than two hours.
- Discard food that has been left at temperatures greater than 90 degrees F after one hour.
- Store leftovers for three to four days in the refrigerator or three to four months in the freezer.

### Keep it under wraps

Store food in airtight containers to keep bacteria out.



#### Sources:

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