

Source: <http://www.cdc.gov/foodsafety/facts.html>

Common Foodborne Illnesses

It's estimated that 1 in every 6 Americans gets sick each year from consuming contaminated food or drink



About 128,000 people are **hospitalized** each year due to foodborne illness

About 3,000 people **die** each year from foodborne illness



Original Source

Norovirus

Human feces/vomit

Salmonella (nontyphoidal)

Intestinal tracts of humans and animals

Staphylococcus aureus

Soil, water and air

Listeria monocytogenes

Found in moist environments, soil, and decaying vegetation

Most Commonly Found in

-Ready to eat foods
-molluscan shellfish from contaminated waters

-Poultry
-Eggs
-Meats
-Milk/dairy products
-Contaminated produce

-Any cooked, cooled, and reheated foods
-deli meats
-poultry products
-ready to eat foods
-skin, hair, nose, throat

-Soft cheeses
-Unpasteurized milk
-Raw poultry
-Raw meat
-Seafood

Methods of Prevention

-Avoid eating raw oysters
-Wash hands
-Prevent cross contamination

-Thoroughly cook food
-wash hands
-prevent cross-contamination

- wash hands, especially after touching body parts
-follow time-temperature regulations

-Avoid unpasteurized milk and milk products
-thoroughly cook meat, poultry, seafood, eggs, and ready to eat meats

Symptoms:

All four of these food borne illnesses can cause diarrhea, vomiting, nausea, stomach pain/cramps, and headache.

Listeria and Norovirus can also cause fever and body aches

