

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

Most Commonly Found in

Methods of Prevention

Norovirus

Human feces/vomit

- Ready to eat foods
- molluscan shellfish from contaminated waters

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

Salmonella (nontyphoidal)

Intestinal tracts of humans and animals

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

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

Staphylococcus aureus

Soil, water and air

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

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

Listeria monocytogenes

Found in moist environments, soil, and decaying vegetation

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

- 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

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

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