

*The Not-So-Fun Times After the Fun

Why should YOU care about Food Safety?



Campylobacter: bacteria that causes diarrhea, cramping, abdominal pain and fever. Symptoms can start 2 to 5 days after exposure and usually last about one week. It is one of the most common causes of diarrheal illness in the US, especially during the summer.

Prevention: always cook meat thoroughly. Keep raw meat, especially poultry, separate from other foods. Do not use the same utensils and plates for cooked foods that were used for raw foods until thoroughly washed. Always wash hands after touching raw meat. Do not drink "raw milk" (unpasteurized).

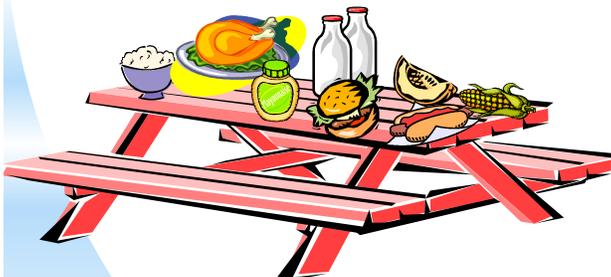
Common Foods: poultry; contaminated water



Salmonella: a bacteria that causes diarrhea, fever, and abdominal cramps. Symptoms can start 12 to 72 hours after infection and last 4-7 days. Can be so severe that hospitalization is required, especially if the bacteria spread to the bloodstream.

Prevention: avoid eating undercooked foods, such as poultry, ground beef and eggs. Do not drink "raw milk." Do not use the same utensils and plates for cooked foods that were used for raw foods until thoroughly washed. Always wash hands after touching raw meat.

Common Foods: poultry; eggs; dairy products; beef



E-Coli 0157: a bacteria that can cause severe stomach cramps, bloody diarrhea, vomiting and fever. Some infections can be life-threatening and can lead to kidney failure. Symptoms usually occur 3-4 days after exposure but can start as soon as 1 day after exposure up to 10 days after exposure.

Prevention: wash hands before preparing food, after using the bathroom or diapering infants, and after contact with livestock and/or their food. Avoid eating undercooked ground beef, alfalfa sprouts, "raw milk" or unpasteurized cheeses.

Common Foods: Ground beef; contaminated produce

Norovirus: the most common cause of "food poisoning" in the U.S. It only takes a tiny amount of virus to cause illness and is spread very easily. The virus causes nausea, vomiting, watery diarrhea, and stomach pain. Symptoms begin 12-48 hours after exposure and can continue for 1-6 days.

Prevention: wash hands frequently with soap and water. Do not prepare, cook, or serve food to others if you have diarrhea. Wash fruits and vegetables well before eating.

Common Foods: ready to eat foods; shellfish contaminated by sewage



Shigella: a bacteria that causes bloody diarrhea or diarrhea that contains mucous, abdominal cramping, fever, nausea and vomiting. Symptoms usually start within 1-7 days after exposure and can last 2-7 days.

Prevention: Always wash hands after using the bathroom; stay out of the pool when you have diarrhea; don't drink untreated water.

Common Foods: foods easily contaminated by the hands, such as deli salads (potato salad, macaroni salad, pasta salad, etc.)

