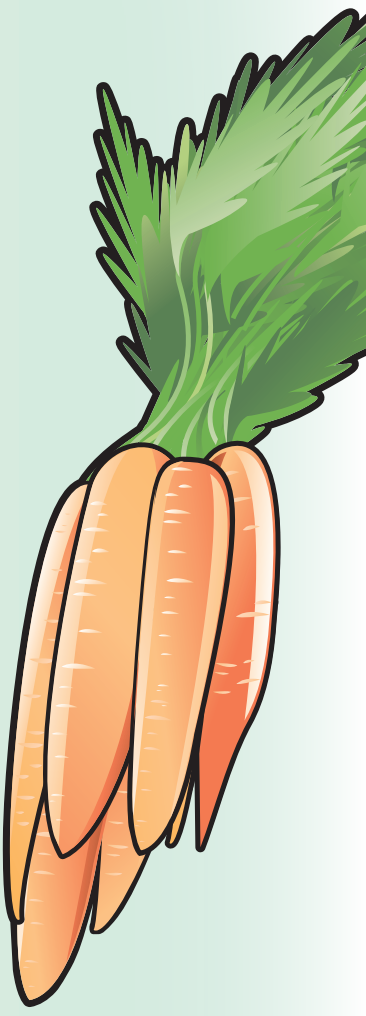
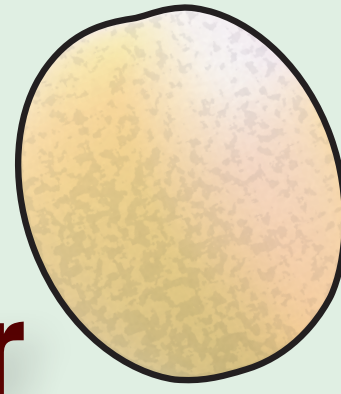




# COULD YOU HAVE A FOODBORNE ILLNESS?

## How to Identify Foodborne Illnesses or “Food Poisoning”

**F**ood contaminated with harmful bacteria, viruses or parasites can result in foodborne illness or “food poisoning.” Know the symptoms so you can do your part to stop foodborne illness!



### Most common symptoms:

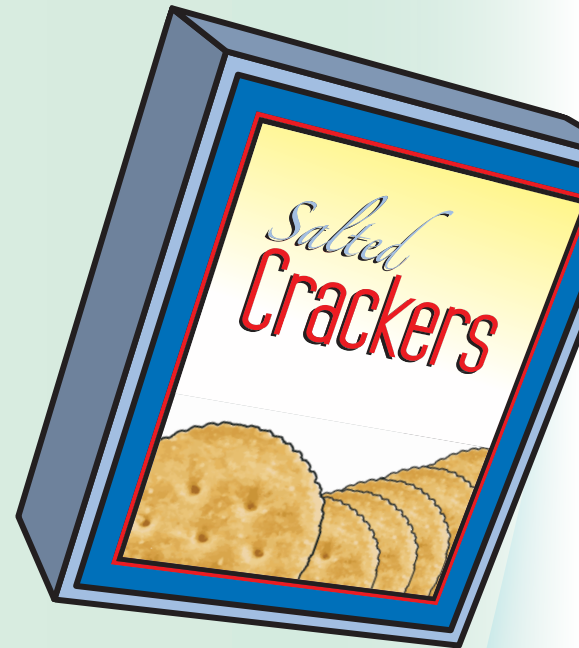
- Gastroenteritis. Symptoms can begin within hours or may take days.
  - ▶ Watery diarrhea that may be bloody
  - ▶ Severe abdominal pain or cramping
  - ▶ Nausea and/or vomiting
  - ▶ Fever or flu-like symptoms
  - ▶ Blurred or double vision

### Other symptoms and conditions:

- Trouble swallowing or breathing
- Skin lesions or rose spots
- Reverse hot/cold reactions
- Signs of sepsis, such as chills, delirium, irregular heart beat and/or fast breathing
- Jaundice or arthritis
- Renal/hematologic manifestations
- Descending paralysis
- Weight loss (long term result of illness)

### If you think you may have a foodborne illness:

- Go to a physician as soon as possible
- Contact your local health department
- Be specific when describing all symptoms
- Request a clinical sample (blood, urine, stool) be taken and tested for foodborne pathogens
- Be prepared to list what you have eaten for the last 72 hours



### Facts about foodborne illness:

- Foodborne illness affects 1 in 6 Americans annually resulting in **128,000 hospitalizations** and **3,000 deaths**
- It can cause serious complications and long-term health consequences:
  - ▶ Premature delivery or stillbirth
  - ▶ Reactive arthritis
  - ▶ Neurological disorders
  - ▶ Kidney failure
  - ▶ Hemolytic Uremic Syndrome (HUS)



### What can physicians do?

Report potential foodborne illness cases to public health partners quickly: [dph.georgia.gov/public-health-districts](http://dph.georgia.gov/public-health-districts)

### Food Recalls

Foodborne illness outbreaks can result in food recalls, which help protect the food supply. If you believe you have a recalled food, DON'T EAT IT!

- ▶ **Find information at:**
  - [www.recalls.gov](http://www.recalls.gov)
  - [www.fda.gov/safety/recalls](http://www.fda.gov/safety/recalls)
  - [www.fsis.usda.gov](http://www.fsis.usda.gov)
  - <http://agr.georgia.gov/recalls.aspx>
- ▶ Review recall notifications to confirm the specific product(s) and what to do with the product (return, discard, etc.).
- ▶ If necessary, contact the store it was purchased from or the company for more information.



### What can cause foodborne illness?

- Raw or undercooked meat and poultry products, fresh produce, shellfish from contaminated waters
- Contaminated water
- Unpasteurized juice and milk
- Improperly home canned foods
- Time and temperature abused foods
- Leftovers that have been improperly stored/reheated
- Cross-contamination
- Food contaminated by an ill food handler (hand washing!)



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