

KEEPING OUR FOOD SAFE

What is foodborne illness?



A foodborne illness occurs when a person eats, drinks, or comes in contact with food containing harmful amounts of bacteria, viruses, fungi, or parasites. Most of these organisms, also called pathogens, cannot be seen, smelled, or tasted.

Where does foodborne illness happen?

People can get "food poisoning" after eating out at a restaurant or at a picnic. Foodborne illnesses can also take place at home. Sometimes chemicals such as lead and pesticides get into food causing people to get sick.



How does food become contaminated?



- Harmful bacteria found naturally in food are allowed to grow to harmful levels.
- The cooking area and/or utensils are not kept clean.
- Food handlers contaminate cooked, prepared, or served food.



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How serious is this issue?

48

- Each year, about 48 million people become sick from the food that they ate.
- Over 128,000 people are hospitalized.
- An estimated 3,000 people die.

Source: CDC

What are the symptoms?

- Diarrhea
- Stomach pain or cramps
- Nausea
- Vomiting
- Fever
- Chills
- Jaundice



How will (re)heating contaminated food affect its safety?

While heating or re-heating contaminated foods to high temperatures will kill many organisms, there are some bacteria that make a chemical, also called toxins, that can not be "killed" by heat.



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What are the symptoms?



Follow these four steps to food safety:

Clean: Wash your hands and surfaces often.

Separate: Don't cross-contaminate.

Cook to the right temperature.

Chill: Refrigerate promptly.

What should I do if I think I have a foodborne illness?

- Contact your physician.
- If you think you are sick from foods that you bought/ate at a store, restaurant, or public event in Fishers, call FHD at 317-567-5045.



Where can I get more information?



- Check credible sources like the CDC, USDA, FDA, FHD, and WHO.
- Contact FHD's health educator at HealthEdu@fishers.in.us to schedule a food safety session.

