



COMMITTED TO YOUR HEALTH AND OUR COMMUNITY

NATIONAL FOOD SAFETY EDUCATION



Each year, 1 in 6 Americans get sick from eating contaminated food. CDC tracks foodborne illnesses and collaborates with state and local health departments and other federal agencies to investigate foodborne outbreaks. CDC's work provides information to improve food safety.

Foodborne Illnesses and Germs

What Causes Food Poisoning?

- Many different disease-causing germs can contaminate foods, so there are many different foodborne infections. Researchers have identified

- More than 250 foodborne diseases.
- Most of them are infections, caused by a variety of bacteria, viruses, and parasites.
- Harmful toxins and chemicals also can contaminate foods and cause foodborne illness.

CDC estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die.

Do I Have Food Poisoning?

Common symptoms of foodborne diseases are nausea, vomiting, stomach cramps, and diarrhea. However, symptoms may differ

YELM FAMILY MEDICINE PATIENT NEWSLETTER

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Washington STATE FAIR



August 31 - September 23, 2018 (Closed Tuesdays & 9/5)

Lantern parade In Seattle
September 21, 2018



Celebrate the equinox with lanterns, glowing costumes, and music-making at the Luminata parade of lights, beginning at the Aqua Theater (south end of the lake) and going clockwise to the Bath House. Free

among the different types of foodborne diseases. Symptoms can sometimes be severe and some foodborne illnesses can even be life-threatening. Although anyone can get a foodborne illness, some people are more likely to develop one. Those groups include:

- Pregnant women
- Young children
- Older adults
- People with immune systems weakened from medical conditions, such as diabetes, liver disease, kidney disease, organ transplants, HIV/AIDS, or from receiving chemotherapy or radiation treatment.

Most people with a foodborne illness get better without medical treatment, but people with severe symptoms should see their doctor.

Some Common Foodborne Germs

The top five germs that cause illnesses from food eaten in the United States are:

- Norovirus
- Salmonella
- Clostridium perfringens

- Campylobacter
- Staphylococcus aureus (Staph)



Clostridium perfringens

Some other germs don't cause as many illnesses, but when they do, the illnesses are more likely to lead to hospitalization. Those germs include:

- Clostridium botulinum (botulism)
- Listeria
- Escherichia coli (E. coli)
- Vibrio



E. coli

<https://www.cdc.gov/foodsafety/diseases/index.html>

Protect Yourself from Food Poisoning

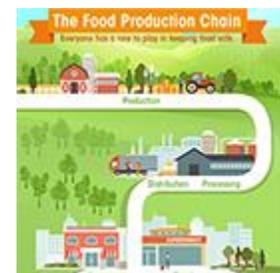
KEEP FOOD SAFE



FOODS LINKED TO FOODBORNE ILLNESS



HOW FOOD GETS CONTAMINATED - THE FOOD PRODUCTION CHAIN



RAW MILK DANGERS

