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.

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**Norovirus**
- **Original Source**: Human feces/vomit
- **Most Commonly Found In**: Ready to eat foods, molluscan shellfish from contaminated waters
- **Methods of Prevention**: Avoid eating raw oysters, wash hands, prevent cross contamination
- **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

**Salmonella (nontyphoidal)**
- **Original Source**: Intestinal tracts of humans and animals
- **Most Commonly Found In**: Poultry, eggs, meats, milk/dairy produce, contaminated produce
- **Methods of Prevention**: Thoroughly cook food, wash hands, prevent cross-contamination

**Staphylococcus aureus**
- **Original Source**: Soil, water and air
- **Most Commonly Found In**: Any cooked, cooled, and reheated foods, deli meats, poultry products, ready to eat foods, skin, hair, nose, throat
- **Methods of Prevention**: Wash hands, especially after touching body parts, follow time-temperature regulations

**Listeria monocytogenes**
- **Original Source**: Found in moist environments, soil, and decaying vegetation
- **Most Commonly Found In**: Soft cheeses, unpasteurized milk, raw poultry, raw meat, seafood
- **Methods of Prevention**: Avoid unpasteurized milk and milk products, thoroughly cook meat, poultry, seafood, eggs, and ready to eat meats