

FOODBORNE DISEASES



HOW WE KEEP AMERICANS SAFE

CDC estimates that each year roughly 48 million people (1 in 6) gets sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die. Many different disease-causing microbes, or pathogens, can contaminate foods, so there are many different foodborne infections.

According to CDC estimates, the most common foodborne illnesses are caused by norovirus and by the bacteria *Campylobacter*, *Salmonella*, and *Clostridium perfringens*.

What foods are associated with foodborne illness?

- Fruits and vegetables consumed raw are a particular concern. Washing can decrease—but not eliminate—contamination.
- Raw meat and poultry, raw eggs, unpasteurized milk, and raw shellfish.
- Filter-feeding shellfish (like oysters) are especially likely to be contaminated with viruses and bacteria.
- Foods that combine the products of many individual animals, such as bulk raw milk, pooled raw eggs, or ground beef, are particularly hazardous because a pathogen in one of the animals may contaminate the whole batch.

THE WORK OF CDC'S
National Center for Emerging and Zoonotic Infectious Diseases (NCEZID) is about protecting America's health, safety, and security. NCEZID is ground zero when there's an outbreak of infectious disease. We have world-class scientists, researchers, laboratories, and emergency responders to protect people from foodborne diseases.

Vibriosis, a disease linked to eating raw oysters, is caused by *Vibrio* bacteria that occur naturally in coastal waters where oysters live.



National Center for
EMERGING and ZONOTIC INFECTIOUS DISEASES
Division of Foodborne, Waterborne, and Environmental Diseases



PROTECT YOURSELF WHEN EATING OUT

FOUR TIPS TO PREVENT FOOD POISONING

- ## 1 CHECK INSPECTION SCORES

Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.
- ## 2 MAKE SURE THE RESTAURANT IS CLEAN

Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.
- ## 3 CHECK THAT YOUR FOOD IS COOKED THOROUGHLY

Meat, fish, poultry, and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.
- ## 4 PROPERLY HANDLE YOUR LEFTOVERS

Taking your food to go? Remember to refrigerate within 2 hours of eating out. If food is left in a hot car or temperatures above 90°F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days.

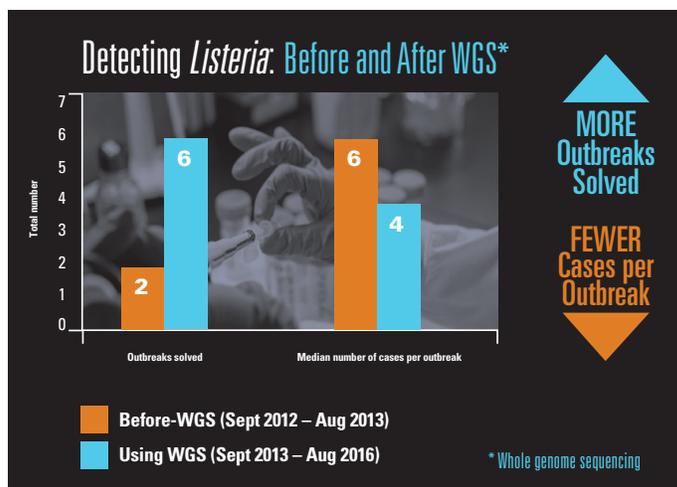
cdc.gov/foodsafety



What we're doing:

CDC provides the vital link between illness in people and the food safety systems of government agencies and food producers. We take action by:

- **Collaborating at the federal level** with the US Food and Drug Administration and the US Department of Agriculture's Food Safety and Inspection Service. State and local health departments and the food industry also play critical roles in all aspects of food safety.
- **Tracking** the occurrence of foodborne illnesses.
- Facilitating and **leading outbreak investigations**.
- Managing the **DNA fingerprinting network** for foodborne illness-causing bacteria in all states to detect outbreaks.
- **Using whole genome sequencing** to show which bacterial strains are most alike genetically.
- Attributing **illnesses to specific foods** and settings.
- Targeting **prevention measures** to reduce illness and death.
- **Providing data and analyses** to inform food safety action and policy.



Listeria, associated with soft cheeses, raw milk, and certain refrigerated foods, are deadly foodborne bacteria. About **1 in 5** people who get sick from listeriosis die.