



## Major Foodborne Illnesses Caused by Parasites

Most Important Prevention Measure		Controlling time and temperature	Preventing cross-contamination	Practicing personal hygiene	Purchasing from approved, reputable suppliers		
Illness					Anisakiasis Cryptosporidiosis Giardiasis		
Parasite Characteristics	Commonly Linked Food	Poultry					
		Eggs					
		Meat					
		Fish			•		
		Shellfish					
		Ready-to-eat food					
		Produce			•	•	
		Rice/grains					
		Milk/dairy products					
		Contaminated water			•	•	
	Most Common Symptoms	Diarrhea			•	•	
		Abdominal pain/cramps			•	•	
		Nausea			•	•	
		Vomiting					
		Fever				•	
		Headache					
	Prevention Measures	Handwashing				•	•
		Cooking				•	
		Holding					
		Cooling					
Reheating							
Approved suppliers					•	•	•
Excluding foodhandlers						•	•
Preventing cross-contamination							

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Most Important Prevention Measure: Purchasing from approved, reputable suppliers

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**Illness** **Anisakiasis** (*ANN-ih-SAH-KYE-ah-sis*)

**Parasite** **Anisakis simplex** (*ANN-ih-SAHK-iss SIM-plex*)

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People can get sick when they eat raw or undercooked fish containing this parasite.

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**Food Commonly Linked with the Parasite**

Raw and undercooked fish, including:

- Herring
- Cod
- Halibut
- Mackerel
- Pacific salmon

**Most Common Symptoms**

- Tingling in throat
- Coughing up worms

**Other Prevention Measures**

- Cook fish to minimum internal temperatures.
  - If serving raw or undercooked fish, purchase sushi-grade fish that has been frozen to the right time-temperature requirements.
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Most Important Prevention Measure: Purchasing from approved, reputable suppliers

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**Illness** **Cryptosporidiosis** (*KRIP-TOH-spor-id-ee-O-sis*)

**Parasite** **Cryptosporidium parvum** (*KRIP-TOH-spor-ID-ee-um PAR-vum*)

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*Cryptosporidium parvum* can be found in the feces of people infected with it. Foodhandlers can transfer it to food when they touch food with fingers that have feces on them. Day-care and medical communities have been frequent locations of person-to-person spread of this parasite. Symptoms will be more severe in people with weakened immune systems.

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**Food Commonly Linked with the Parasite**

- Contaminated water
- Produce

**Most Common Symptoms**

- Watery diarrhea
- Abdominal cramps
- Nausea
- Weight loss

**Other Prevention Measures**

- Use properly treated water.
  - Keep foodhandlers with diarrhea out of the operation.
  - Wash hands.
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Most Important Prevention Measure: Purchasing from approved, reputable suppliers

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**Illness**    **Giardiasis** (*JEE-are-DYE-uh-sis*)

**Parasite**   ***Giardia duodenalis*** (*jee-ARE-dee-uh do-WAH-den-AL-is*),  
also known as ***G. lamblia*** or ***G. intestinalis***

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*Giardia duodenalis* can be found in the feces of infected people. Foodhandlers can transfer the parasite to food when they touch food with fingers that have feces on them.

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**Food Commonly Linked with the Parasite**

- Improperly treated water
- Produce

**Most Common Symptoms**

Initially

- Fever

Later

- Diarrhea
- Abdominal cramps
- Nausea

**Other Prevention Measures**

- Use properly treated water.
  - Keep foodhandlers with diarrhea out of the operation.
  - Wash hands.
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