



Major Foodborne Illnesses Caused by Viruses

Most Important Prevention Measure		Controlling time and temperature	Preventing cross-contamination	Practicing personal hygiene	Purchasing from approved, reputable suppliers	
Illness				Hepatitis A Norovirus gastroenteritis		
Virus 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: Practicing personal hygiene

Illness **Hepatitis A** (*HEP-a-TI-tiss*)
Virus **Hepatitis A**



Hepatitis A is mainly found in the feces of people infected with it. The virus can contaminate water and many types of food. It is commonly linked with ready-to-eat food. However, it has also been linked with shellfish contaminated by sewage.

The virus is often transferred to food when infected foodhandlers touch food or equipment with fingers that have feces on them. Eating only a small amount of the virus can make a person sick. An infected person may not show symptoms for weeks but can be very infectious. Cooking does not destroy hepatitis A.

Food Commonly Linked with the Virus

- Ready-to-eat food
- Shellfish from contaminated water

Most Common Symptoms

- Fever (mild)
- General weakness
- Nausea
- Abdominal pain
- Jaundice (appears later)

Other Prevention Measures

- Keep employees who have jaundice out of the operation.
 - Keep employees who have been diagnosed with hepatitis A out of the operation.
 - Wash hands.
 - Minimize bare-hand contact with ready-to-eat food.
 - Purchase shellfish from approved, reputable suppliers.
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Most Important Prevention Measure: Practicing personal hygiene

Illness **Norovirus gastroenteritis** (*NOR-o-VI-rus GAS-tro-EN-ter-I-tiss*)
Virus **Norovirus**



Like hepatitis A, Norovirus is commonly linked with ready-to-eat food. It has also been linked with contaminated water. Norovirus is often transferred to food when infected foodhandlers touch food or equipment with fingers that have feces on them.

Eating only a small amount of Norovirus can make a person sick. It is also very contagious. People become contagious within a few hours after eating it. The virus is often in a person's feces for days after symptoms have ended.

Food Commonly Linked with the Virus

- Ready-to-eat food
- Shellfish from contaminated water

Most Common Symptoms

- Vomiting
- Diarrhea
- Nausea
- Abdominal cramps

Other Prevention Measures

- Keep employees with diarrhea and vomiting out of the operation.
 - Keep employees who have been diagnosed with Norovirus out of the operation.
 - Wash hands.
 - Minimize bare-hand contact with ready-to-eat food.
 - Purchase shellfish from approved, reputable suppliers.
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