

Major Bacteria that Cause Foodborne Illness

Bacteria: Shiga toxin-producing *Escherichia coli* (*ess-chur-EE-kee-UH-KO-LI*) (STEC), also known as *E. coli*

Source	Food Linked with the Bacteria	Prevention Measures
<p>Shiga toxin-producing <i>E. coli</i> can be found in the intestines of cattle. It is also found in infected people. The bacteria can contaminate meat during slaughtering. Eating only a small amount of the bacteria can make a person sick. Once eaten, it produces toxins in the intestines, which causes the illness. The bacteria are often in a person's feces for weeks after symptoms have ended.</p>	<ul style="list-style-type: none"> • Ground beef (raw and undercooked) • Contaminated produce 	<ul style="list-style-type: none"> • Cook food, especially ground beef, to minimum internal temperatures. • Purchase produce from approved, reputable suppliers. • Prevent cross-contamination between raw meat and ready-to-eat food. • Keep staff with diarrhea out of the operation. • Keep staff who have diarrhea and have been diagnosed with hemorrhagic colitis out of the operation. • Control time and temperature.

Bacteria: Nontyphoidal *Salmonella* (*SAL-me-NEL-uh*)

Source	Food Linked with the Bacteria	Prevention Measures
<p>Many farm animals carry nontyphoidal <i>Salmonella</i> naturally. Eating only a small amount of these bacteria can make a person sick. How severe symptoms are depends on the health of the person and the amount of bacteria eaten. The bacteria are often in a person's feces for weeks after symptoms have ended.</p>	<ul style="list-style-type: none"> • Poultry and eggs • Meat • Milk and dairy products • Produce, such as tomatoes, peppers, and cantaloupes 	<ul style="list-style-type: none"> • Cook poultry and eggs to minimum internal temperatures. • Prevent cross-contamination between poultry and ready-to-eat food. • Keep food handlers who are vomiting or have diarrhea and have been diagnosed with an illness from nontyphoidal <i>Salmonella</i> out of the operation.

Bacteria: *Salmonella Typhi* (*SAL-me-NEL-uh TI-fee*)

Source	Food Linked with the Bacteria	Prevention Measures
<p><i>Salmonella Typhi</i> lives only in humans. People with typhoid fever carry the bacteria in their bloodstream and intestinal tract. Eating only a small amount of these bacteria can make a person sick. The severity of symptoms depends on the health of the person and the amount of bacteria eaten. The bacteria are often in a person's feces for weeks after symptoms have ended.</p>	<ul style="list-style-type: none"> • Ready-to-eat food • Beverages 	<ul style="list-style-type: none"> • Exclude food handlers who have been diagnosed with an illness caused by <i>Salmonella Typhi</i> from the operation. • Wash hands. • Cook food to minimum internal temperatures. • Prevent cross-contamination.

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Bacteria: *Shigella* spp. (shi-GEL-uh)

Source	Food Linked with the Bacteria	Prevention Measures
<p><i>Shigella</i> spp. is found in the feces of humans with the illness. Most illnesses occur when people eat or drink contaminated food or water. Flies can also transfer the bacteria from feces to food. Eating only a small amount of these bacteria can make a person sick. High levels of the bacteria are often in a person's feces for weeks after symptoms have ended.</p>	<ul style="list-style-type: none"> • Food that is easily contaminated by hands, such as salads containing TCS food (potato, tuna, shrimp, macaroni, and chicken) • Food that has made contact with contaminated water, such as produce 	<ul style="list-style-type: none"> • Exclude food handlers who have diarrhea and have been diagnosed with an illness caused by <i>Shigella</i> spp. from the operation. • Wash hands. • Control flies inside and outside the operation. • Practice personal hygiene.

Major Viruses that Cause Foodborne Illness

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

Source	Food Linked with the Virus	Prevention Measures
<p>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 from contaminated water.</p> <p>The virus is often transferred to food when infected food handlers 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.</p>	<ul style="list-style-type: none"> • Ready-to-eat food • Shellfish from contaminated water 	<ul style="list-style-type: none"> • Exclude staff who have been diagnosed with hepatitis A from the operation. • Exclude staff who have jaundice from the operation. • Wash hands. • Avoid bare-hand contact with ready-to-eat food. • Purchase shellfish from approved, reputable suppliers. • Practice personal hygiene.

Virus: Norovirus (*Nor-o-VI-rus*)

Source	Food Linked with the Virus	Prevention Measures
<p>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 food handlers touch food or equipment with fingers that have feces on them.</p> <p>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.</p>	<ul style="list-style-type: none"> • Ready-to-eat food • Shellfish from contaminated water 	<ul style="list-style-type: none"> • Exclude food handlers who are vomiting or have diarrhea and have been diagnosed with Norovirus from the operation. • Wash hands. • Avoid bare-hand contact with ready-to-eat food. • Purchase shellfish from approved, reputable suppliers. • Practice personal hygiene.