

KIDS HEALTH ZONE

QUICK LINKS

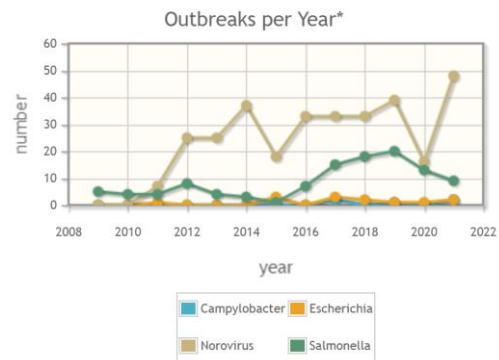
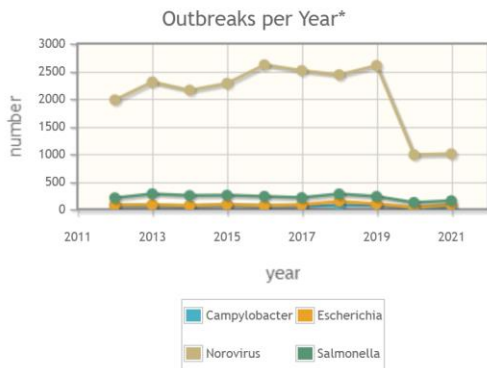
- [Most Common Foodborne Illnesses](#)
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FOODBORNE ILLNESS

Each year about **1 in 6** people in the United States get foodborne illnesses. Healthy People 2030 is focusing on preventing foodborne illnesses by improving **food safety practices**.

Most foodborne illnesses are caused by bacteria such as *E.coli*, *Campylobacter*, and *Salmonella*. Each year, the CDC estimates 48 million people get sick, more than 128,000 people go to the hospital, and 3,000 die due to foodborne illnesses in the United States. In Nebraska, 2012-2021, there were at least 422 hospitalizations and 46 deaths from proven foodborne disease outbreaks from the 5 etiologies described on page 2.

Outbreaks per year National Outbreak Reporting System (NORS) Dashboard, CDC



Outbreaks per year Nebraska Outbreak Reporting System (NORS) Dashboard, CDC

Fast Facts About Food Poisoning

Some People are at **HIGHER RISK**

- Children younger than age 5
- People with weakened immune systems
- Pregnant people
- Adults aged 65 and older



5 Symptoms of Severe Food Poisoning

- Fever higher than 102°F.
- Bloody diarrhea.
- Frequent vomiting.
- Dehydration.
- Diarrhea for more than 3 days.

If You Think You Have Food Poisoning



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TOP 5 Germs Causing Illness, Hospitalizations, and Deaths in the US:

1. *E.coli* (Escherichia coli):

- Found in the environment, foods, and intestines of people and animals. Outbreaks have been associated with raw flour, raw milk, undercooked beef, and raw bean sprouts, among other foods.
- *E.coli* can cause diarrhea, urinary tract infections, pneumonia and respiratory illness, and other illnesses.
- Toxin producing strains can cause a severe disease called [hemolytic uremic syndrome](#).

2. Salmonella

- CDC estimates Salmonella bacteria cause about 1.35 million infections, 26,500 hospitalizations, and 420 deaths every year in the US.
- Most people have diarrhea, fever, and stomach cramps.
- Can become infected by raw or undercooked chicken or eggs, raw milk, or contaminated raw fruits and vegetables. Animals such as chickens, lizards, turtles, and “pocket pets” rodents can carry the germ without being sick, so wash hands after contact with animals and before handling food.

3. Campylobacter:

- It causes an estimated 1.5 million illnesses each year in the US.
- Caused by eating raw or undercooked poultry, seafood, meat, or eating something that touched it.
- Pets (including cats and dogs) may get sick with Campylobacter and spread infection to humans, so wash hands before eating or preparing food.

Wash hands, bowls, utensils, and countertops after handling raw flour, eggs, or dough.



4. Norovirus:

- It causes an estimated 1.5 million illnesses each year in the US.
- Caused by eating raw or undercooked poultry, seafood, meat, or eating something that touched it. Very contagious, so very easy to spread to others if infected person touches counters or other surfaces.
- NOT well removed by hand sanitizer, so washing hands with soap and water preferred.

5. Staphylococcal (Staph)

- About 25% of people and animals have Staph on their skin and in their nose, so easy to contaminate food by handling.
- Illness caused by a toxin, not infection by the bacteria. Although Staph itself is killed by cooking, the toxin is heat stable and can still cause illness.
- Staph food poisoning causes sudden start of nausea, vomiting, stomach cramps, and diarrhea. Usually starts 30 minutes to 8 hours after eating or drinking the contaminated food, and symptoms improve in under a day.

