

## **Facilitator Outline: Common Food-Borne Illnesses**

### ❖ Objectives

- Overall goal: to help participants understand what causes food-borne illnesses and how to prevent food-borne illnesses from occurring in the establishment.
- Participants will learn:
  - The difference between food-borne infection and food-borne intoxication.
  - The different types of food-borne illnesses and the name of the virus or bacteria that causes the food-borne illness.
  - The different sources and foods that may cause food-borne illness, the onset time, symptoms and how to prevent food-borne illness from occurring in their establishment.

### ❖ Introduction

- Introduce the topic.
- Discuss the importance and purpose of the topic.
- Ask questions related to the topic to get the participants engaged
  - Examples:
    - Does anyone understand the reason why a worker must not operate around food when sick?
    - Why it is important to receive food products only from qualified and trusted vendors?
    - Why is it important to store and handle food in the safest way possible?
    - Has anyone or anyone you know ever had food poisoning? What types of foods did they eat? What were their symptoms?

### ❖ Discussion Points

- Review chart.
- Highlight and discuss the sources and control measures.

### ❖ Q&A

- Ask participants if they have questions at the end of the training.

# FOOD-BORNE ILLNESSES

It is important to become familiar with different food borne illnesses and proper safety measures to prevent an outbreak.



**Food-Borne Infection:** Illnesses caused by eating food that hosts a large amount of micro-organisms.

- Micro-organisms enter the human digestive tract and disrupt the functions of intestines, resulting in diarrhea and other problems.
- Symptoms will occur 6 to 48 hours after consuming contaminated food.
- Severity of resulting problem depends on amount of infected food and the type of bacterium ingested.

**Food-Borne Intoxication:** Illnesses caused by eating a food that has microorganism-generated toxins.

- The longer the microorganism is on the food, the more time it has to multiply and produce toxins.
- Symptoms of nausea and vomiting will occur either immediately or 6 hours after consumption of the contaminated food.
- Toxins *cannot* be destroyed by heat so once they are formed; no amount of cooking can inactivate them.

Illness	Pathogen	Food Involved	Onset Time	Symptoms	Control Measures
<b>Samonellellois</b>	Samonella Enteritis	eggs, poultry	6-48 hrs	Diarrhea, chills, vomiting, nausea, malaise	<ul style="list-style-type: none"> <li>· Cook poultry and stuffing to 165°F</li> <li>· Refrigerate raw poultry and other meats at &lt;40°F</li> <li>· Prevent cross contamination</li> </ul>
<b>Hepatitis A</b>	Hepatitis A Virus	Raw or lightly cooked shellfish, fruits & vegetables, salads, cold cuts, water, ice	15-50 days	Fever, malaise, lassitude, nausea, jaundice	<ul style="list-style-type: none"> <li>· Obtain shellfish from reputable certified suppliers</li> <li>· Good personal hygiene</li> <li>· Prevent cross contamination</li> </ul>
<b>Campylobacteriosis</b>	Campylobac jejuni	Poultry, beef, liver, water	2-10 days	Diarrhea, fever, anorexia, malaise, headache, vomiting	<ul style="list-style-type: none"> <li>· Prevent cross contamination</li> <li>· Thoroughly cook meat and poultry</li> </ul>
<b>Listeriosis</b>	Listeria	Raw vegetables, poultry, cheese, raw meats	1 day- 3 weeks	Flu-like, fever, meningitis, encephalitis	<ul style="list-style-type: none"> <li>· Cook foods to required temp.</li> <li>· Thoroughly wash raw vegetables</li> <li>· Prevent cross contamination</li> </ul>
<b>Hemorrhagic Colitis</b>	Shiga toxin producing E.coli	Raw & under cooked ground meat	12-72 hrs	Diarrhea, nausea, vomiting, chills	<ul style="list-style-type: none"> <li>· Cook ground meat to 158°F or higher</li> <li>· Cook foods to required temp.</li> <li>· Reheat all foods to 165°F within 2 hrs</li> <li>· Prevent cross contamination</li> <li>· Good personal hygiene</li> </ul>

Illness	Pathogen	Food Involved	Onset Time	Symptoms	Control Measures
<b>Clostridium Perfringens Enteritis</b>	Clostridium Perfringens	Meat, stews, chili, gravies, poultry, beans	8-22 hrs	Abdominal pain, diarrhea	<ul style="list-style-type: none"> <li>· Rapidly cool meat dishes</li> <li>· Rapidly reheat foods 165°F within 2 hours</li> <li>· Hold hot foods at &gt;140°F</li> </ul>
<b>Norovirus Gastroenteritis</b>	Norovirus	Ready-to-eat foods, baked products, fruits & vegetables	12-48 hours	Fever, vomiting, diarrhea	<ul style="list-style-type: none"> <li>· Good personal hygiene</li> <li>· Prevent cross contamination</li> </ul>
<b>Trichinosis</b>	Trichinella Spiralis	Raw/undercooked pork	4-28 days	Gastroenteritis, fever, edema, chills, hard breathing	<ul style="list-style-type: none"> <li>· Cook pork to 155°F</li> <li>· Prevent cross contamination</li> </ul>
<b>Botulism</b>	Clostridium Botulinum	Home-canned foods, smoked and vacuum packaged fish, garlic products in oil, baked potatoes and stews	12-36 hours	Vertigo, blurred vision, doubled vision, dry mouth, speaking issues, weakness	<ul style="list-style-type: none"> <li>· Never use home-canned products</li> <li>· Store vacuum-packaged products at recommended temperatures</li> <li>· Prevent cross contamination</li> </ul>

Table created based on City of New York Department of Health & Mental Hygiene Food Protection Training Manual, Common Foodborne Illness (pgs 18-21).