

Fast Facts

Food Borne Illness

- Gastrointestinal (GI) tract becomes irritated due to an infection caused by bacteria, viruses, parasites or chemicals that were in a food or beverage you ate
- Usually come on suddenly, last a short time (a few hours to several days) and clear up on their own without any treatment
- Food can be contaminated at any point during growth, harvest/slaughter, processing, storage, shipping, preparation, cooking or refrigeration
 - Cross contamination can occur when food that wasn't infected comes into contact with another food that is or a surface that contaminated food touched, like hands, kitchen utensils and cutting boards
 - If cold food isn't kept cold enough and warm food isn't kept warm enough, the infectious microorganisms can multiply rapidly
 - Anyone can contract a food borne illness; however, certain groups that are more likely to develop it than others, such as infants/children, pregnant women and their fetuses, elderly and people with a weakened immune system
- Dehydration is the most common complication due to the loss of fluids and electrolytes as a result of vomiting and diarrhea

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Depend on the cause (range from mild to serious) <i>Most Common:</i> -Vomiting -Diarrhea -Stomach pain -Fever -Chills <i>Dehydration (adults):</i> -Excessive thirst -Infrequent urination -Dark-colored urine -Lethargy -Dizziness -Fainting <i>Dehydration (young children):</i> -Dry mouth/tongue -Lack of tears when crying -No wet diapers for 3 hours or more -High fever	-No specific treatments -Prevent complications <i>Dehydration (adults):</i> -Stop diarrhea by taking loperamide or bismuth subsalicylate (don't take anything for diarrhea if you notice that it is bloody) -Sip on small amounts of clear liquids/suck on ice chips (if still vomiting) -If vomiting has decreased or stopped, drink plenty of liquids, like fruit juice, sports drinks, caffeine-free soft drinks and broths -Gradually reintroduce food by starting with bland, easy-to-digest things, like rice, potatoes, toast/bread, cereal, applesauce, bananas and lean meats -Don't eat fatty or sugary foods, dairy products, caffeine or alcohol until completely recovered (can trigger a relapse) <i>Dehydration (infants and children):</i>	-Properly store, cook, clean and handle foods -Perishable food, raw or cooked, should be refrigerated or frozen immediately -Set refrigerator to 40° or lower and set freezer to 0° -Cook food at high enough temperature for a long enough period -Keep all raw meat, poultry and seafood, including their juices, separated from other foods -Wash produce under running water before it's eaten, cut or cooked -Wash any utensils or surface that are used to prepare food should be washed with hot, soapy water before and after they are used -If handling raw meat, poultry, fish, shellfish,

<p>-Unusually cranky/drowsy behavior</p> <p>-Sunken eyes/cheeks/soft spot in the skulls</p> <p>-Also, when people are dehydrated, their skin will tent, which is when their skin is gently pinched and released, it doesn't flatten back to normal right away.</p>	<p>-Give them oral rehydration solutions (Pedialyte)</p> <p>-If the child is hungry, give them food</p> <p>-Give infants breast milk or full-strength formula in addition to the oral rehydration solutions</p> <p><i>Note:</i> Elderly individuals can also benefit from oral rehydration solutions</p>	<p>produce or eggs, wash your hands for at least 20 seconds under warm, soapy water before and after</p>
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