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ADULT HEALTH BULLETIN

FEBRUARY 2011

Reprinted by:
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THIS MONTH'S TOPIC: FOODBORNE DISEASE

What is foodborne disease?

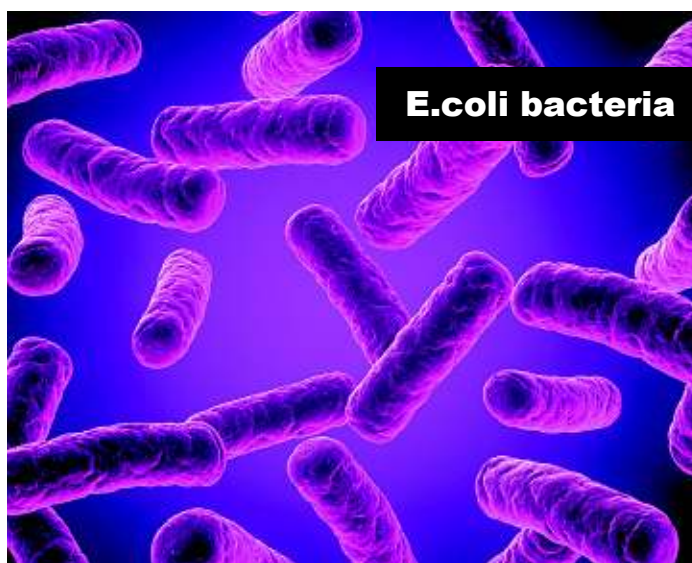
Illness caused by a food or beverage that you ate or drank. There are many different types of germs that can get into your foods and drinks, so you should be careful about what you put into your body.

In the news today you may hear talk about one of the following types of foodborne diseases. Common types of foodborne diseases are:

Salmonella – Humans can get this from various foods from animals. If you are sick from this you may have a fever, diarrhea, and abdominal cramping.

E.coli – Typically humans are infected through contact with cow or cattle feces, even in microscopic amounts. Someone who gets this may experience painful cramps and severe diarrhea which may have blood in it. This is a very dangerous bacterium.

Norwalk Virus – You may have heard of this in the news from outbreaks on cruise ships. This illness typically is spread from one human to another, unlike the other common foodborne diseases. Symptoms include upset stomach with more vomiting than diarrhea. It usually resolves itself within a few days.



People can also get sick from pesticides that may be on their foods.

An estimated 76 million cases of foodborne disease occur in the United States every year.

Symptoms of foodborne illness:

- Nausea
- Vomiting
- Abdominal cramps
- Diarrhea

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Refrigerate any leftovers quickly.

CONTINUED FROM PAGE 1

What can you do to protect yourself and your family from foodborne illness?

1. Cook – meat, chicken, and eggs should be well cooked. Meat and chicken should be cooked enough to kill any bacteria. Eggs should be cooked until the yolk is firm

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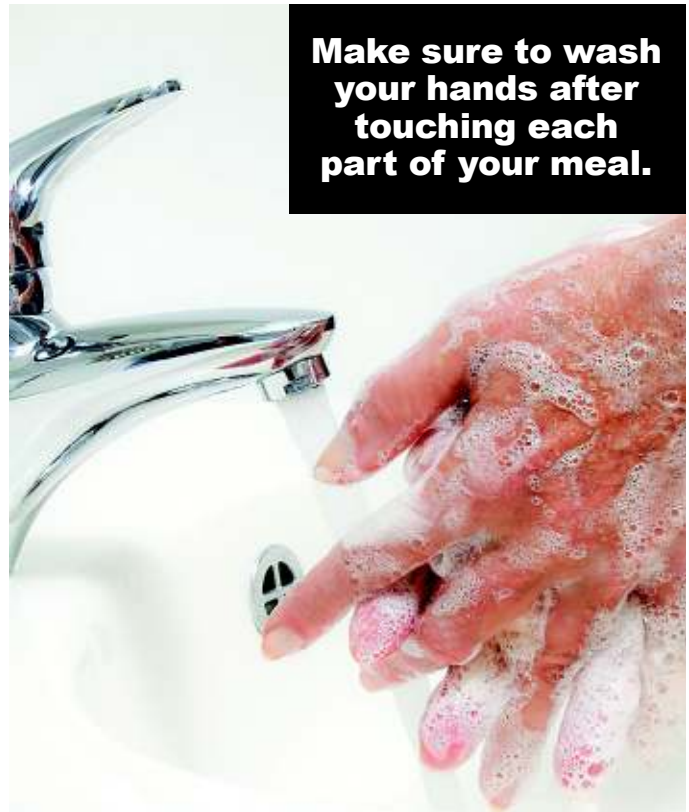
2. Separate – make sure you do not put raw meats and vegetables together. Make sure to wash hands, utensils, and cutting boards after they contact raw meats and chicken, before touching another food. If you have raw meat or chicken on a platter, once it is cooked, make sure to put it on a clean plate or platter

3. Chill – refrigerate any leftovers quickly

4. Clean – this is for both your hands and the foods you are preparing. Make sure to wash your hands after touching each part of your meal. You do not want to touch raw meats and then the vegetables. When preparing vegetables and fruits to eat, make sure to wash the outside thoroughly and even remove and throw away the outmost layers of cabbage and lettuce where many of the bacteria may be hiding

What can you do if you are eating in a restaurant?

- First choose a restaurant that has been inspected by the local health department and have a high score on their inspection sheet



Make sure to wash your hands after touching each part of your meal.

- When ordering foods, make sure you order them cooked well enough to kill any bacteria that may be on them
- If you are ordering something with eggs, you can ask if the eggs are pasteurized and if not, you should order something else

REFERENCES:

- CDC (www.cdc.gov) Foodborne Diseases.
- National Food Safety Initiative (www.foodsafety.gov)
- US Food and Drug Administration (www.fda.gov)

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