

AVOID FOODBORNE ILLNESS

The US food supply is among the safest in the world, but organisms that you can't see, smell, or taste – bacteria, viruses and tiny parasites – are everywhere in the environment. These microorganisms – called pathogens – can invade the food and cause illness, sometimes severe and even life threatening illness, especially in young children, older adults, and person's with weakened immune systems. In pregnant women, foodborne illness can endanger their unborn babies.

The most common symptoms of foodborne illness are diarrhea, abdominal cramps, vomiting, head- or muscle aches, and fever, Symptoms usually appear 12 to 72 hours after eating contaminated food but may occur between one hour and four weeks later. Most people recover within four to seven days without needing antibiotic treatment.

If symptoms are severe or the ill person is very young, very old, pregnant, or already ill, call your doctor immediately.

