



## WHAT IS A FOODBORNE ILLNESS?

Foodborne illness is caused by bacteria or other harmful organisms on food or in beverages that were consumed. They might be there when the food was purchased or they might come from you, the kitchen, pets or other foods. Bacteria live everywhere - in many foods, on skin, under fingernails, on other surfaces, on animals, and in the environment.

- Symptoms of a foodborne illness usually last only a few days but can last for up to six weeks. Listed below are the symptoms of a foodborne illness. You probably will not have all of the symptoms listed, and they may occur at different times.

- Sharp abdominal cramps
- Diarrhea
- Vomiting
- Fever
- Fatigue
- Chills
- Dizziness
- Stiff neck
- Severe headache
- Vision problems



- If you do have a foodborne illness, be sure to get plenty of rest and drink plenty of clear fluids such as water, strained juices, caffeine free soft drinks, or broth.



- Call a doctor if you have bloody diarrhea, if diarrhea and vomiting are excessive, or if the symptoms of stiff neck, severe headache, and fever occur all at once.
- Avoid beverages high in caffeine, high fiber foods (fresh fruits and vegetables, cereals, beans), and over-the-counter medications (antidiarrheal medications).



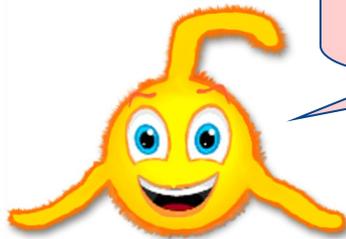
### How To Tell The Difference Between The Flu And A Foodborne Illness

The common symptoms of the flu are:

- Inflammation of the respiratory tract.
- Sudden onset fever, chills, muscular pain, and/or headache.
- Severe tiredness.

## TEST YOUR KNOWLEDGE

1. You can only get a foodborne illness from foods served in restaurants.
  - A. True
  - B. False
2. Which of the following is **not** a symptom of a foodborne illness?
  - A. Diarrhea
  - B. Vomiting
  - C. Inflammation of the respiratory tract
  - D. Fever
3. Which of the following is the **best** fluid to drink if you have a foodborne illness?
  - A. Water
  - B. Caffeinated Coffee
  - C. Caffeinated Soda
4. You should call a doctor if you have bloody diarrhea, if diarrhea and vomiting are excessive, or if the symptoms of stiff neck, severe headache, and fever occur all at once.
  - A. True
  - B. False



**So .... what did you  
learn today.**

ANSWERS  
1. B  
2. C  
3. A  
4. A

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