Food Safety is what you do to prevent illnesses caused by bacteria (germs) that may be in or on the food you eat. Common bacteria are: Salmonella, *E. coli* 0157:H7, *Staphylococcus aureus*, *Listeria monocytogenes*

**Salmonella**

- **What is salmonella?**
  - A bacteria (germ) that can’t be seen, touched or tasted and is found in the intestinal tract and feces of animals.
- **What is salmonella poisoning?**
  - Poisoning that may happen when someone drinks unpasteurized milk, eats salad dressing or desserts containing raw eggs or eats undercooked chicken and eggs.
- **What happens when someone is poisoned by salmonella?**
  - Stomach pain  
  - Diarrhea  
  - Chills  
  - Fever  
  - Headache
- **Where is salmonella found in your food supply?**
  - Raw meat  
  - Poultry  
  - Fish  
  - Eggs  
  - Unpasteurized milk
- **What should you do to avoid salmonella poisoning?**
  - Wash your hands before and after handling food
  - Clean utensils, tables, counter tops and cutting boards with 1 teaspoon of liquid chlorine bleach added to 1 quart of water after preparing meat and poultry.
  - Thoroughly cook all meat
- **Did you know?**
  - Bacteria can multiply fast between temperatures of 40° F and 140° F. This is called **THE DANGER ZONE**

**E. coli 0157:H7**

- **What is E. coli 0157:H7?**
  - It is a bacteria often found in cattle feces, raw milk and unclean water
- **What is E. coli 0157:H7 poisoning?**
  - Poisoning that may happen when you drink contaminated water, raw milk, unpasteurized apple juice or cider, eat raw or rare meat or uncooked fruits and vegetables
- **What happens when someone is poisoned by E. coli 0157:H7?**
  - Diarrhea (often bloody)  
  - Stomach cramps  
  - Vomiting  
  - Urinary tract and kidney infections
- **Where is E. coli 0157:H7 found in your food supply?**
  - Unpasteurized milk or some juices  
  - Raw or undercooked ground beef  
  - Fresh fruits and vegetables
- **What should you do to avoid E. coli 0157 poisoning?**
  - Cook hamburgers to 160° F (medium doneness) until the center is no longer pink and meat juices run clear.
  - Buy only pasteurized dairy products as stated on the label (pasteurizing kills bacteria).
- **Did you know?**
  - It is important to keep foods containing mayonnaise cold until ready to eat
  - Foods left out of the refrigerator for more than 2 hours may not be safe to eat
  - You should refrigerate all leftover foods immediately after eating
  - Wash all fresh fruits and vegetables before eating or cooking them
STAPHYLOCOCCUS aureus

► What is Staphylococcus aureus (Staph)?
● It is a bacteria that may be found on human (skin, infected cuts, pimples, noses and throats) that multiplies at room temperature and produces a poisonous toxin that causes sickness.

► What is staphylococcus aureus poisoning?
● Poisoning that may happen when the Staph bacteria is transferred to the food you fix before washing your hands.

► What happens when someone is poisoned by staphylococcus aureus?
● Nausea ● Vomiting ● Stomach cramps ● Pain, redness and swelling in an abscess

► Where can staphylococcus aureus be found in your food supply?
● Meat ● Poultry ● Cheese ● Salads (egg, tuna, chicken, potato and pasta) ● Cream pies ● Custards
● Any food contacted by coughing, sneezing or prepared with unwashed hands

► What should you do to avoid staphylococcus aureus poisoning?
● Wash hands before and after preparing food
● Clean utensils and all surfaces that come in contact with food

► Did you know?
● Infections with Staphylococcus aureus can be treated with common antibiotics.

LISTERIA monocytogenes

► What is Listeria monocytogenes?
● It is a kind of bacteria often found in soil and water, and the gut of humans and animals.

► What is Listeria monocytogenes poisoning?
● Poisoning that may happen when you eat foods containing this bacteria

► What happens when someone is poisoned by Listeria monocytogenes?
● Fever and chills ● Upset stomach ● Headache ● Stiff neck ● Loss of balance ● Convulsions can occur

► Where can Listeria monocytogenes be found in your food supply?
Ready-to-eat foods such as;
● Hot dogs ● Luncheon meats ● Fermented or dry sausages ● Deli-style meat and poultry ● Soft cheeses

► What should you do to avoid Listeria monocytogenes poisoning?
● Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw or ready-to-eat food that requires additional heating
● Separate raw meat, poultry, and seafood from vegetables, fruits, breads and other foods that do not need extra cooking
● Refrigerate or freeze all foods that may spoil within 2 hours of cooking or buying it.

► Did you know?
● You can get more food safety information by calling...
  USDA’s Meat and Poultry Hotline 1-800-535-4555
  Food Safety Education Office (202) 720-7943
  Media Inquires (202) 720-9113