



Bacteria and Foodborne Illness

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Foodborne illness results from eating food contaminated with bacteria (or their toxins) or other pathogens such as parasites or viruses. The illnesses range from upset stomach to more serious symptoms, including diarrhea, fever, vomiting, abdominal cramps, and dehydration. Although most foodborne infections are undiagnosed and unreported, the Centers for Disease Control and Prevention estimates that every year about 76 million people in the United States become ill from pathogens in food. Of these, up to 5,000 die.

Causes

Harmful bacteria are the most common causes of foodborne illnesses. Some bacteria may be present on foods when you purchase them. Raw foods are the most common source of foodborne illnesses because they are not sterile. Raw meat and poultry may become contaminated during slaughter. Seafood may become contaminated during harvest or through processing. One in 10,000 eggs may be contaminated with *Salmonella* inside the egg shell. Produce such as spinach, lettuce, tomatoes, sprouts, and melons can become contaminated with *Salmonella*, *Shigella*, or *Escherichia coli* (*E. coli*) O157:H7. Contamination can occur during growing, harvesting, processing, storing, shipping, or final preparation. Sources of contamination are varied; however, these items are grown in the soil and therefore may become contaminated during growth or through processing and distribution. Contamination may also occur during food preparation in the restaurant or a home kitchen. The most common form of contamination from handled foods is the calcivirus, also called the Norwalk-like virus.

When food is cooked and left out for more than 2 hours at room temperature, bacteria can multiply quickly. Most bacteria grow undetected because they do not produce an 'off' odor or change the color or texture of the food. Freezing food slows or stops bacteria's growth but does not destroy the bacteria. The microbes can become reactivated when the food is thawed. Refrigeration may slow the growth of some bacteria, but thorough cooking is needed to destroy the bacteria.

Symptoms

In most cases of foodborne illness, symptoms resemble intestinal flu and may last a few hours or even several days. Symptoms can range from mild to serious and include

- abdominal cramps
- nausea

- vomiting
- diarrhea
- fever
- dehydration

Risk Factors

Some people are at greater risk for bacterial infections because of their age or immune status. Young children, pregnant women and their fetuses, the elderly, and people with lowered immunity are at greatest risk.

Complications

Some micro-organisms, such as *Listeria monocytogenes* and *Clostridium botulinum*, cause far more serious illness than vomiting or diarrhea. They can cause spontaneous abortion or death.

In some people, especially children, hemolytic uremic syndrome (HUS) can result from infection by a particular strain of bacteria, *E. coli* O157:H7, and can lead to kidney failure and death. HUS is a rare disorder that affects primarily young children between the ages of 1 and 10 years and is the leading cause of acute renal failure in previously healthy children. The child may become infected after consuming a contaminated food or beverages, such as meat, especially undercooked ground beef; unpasteurized juices; contaminated water; or through contact with an infected person.

The most common symptoms of HUS infection are vomiting, abdominal pain, and diarrhea, which may be bloody. In 5 to 10 percent of cases, HUS develops about 5 to 10 days after the onset of illness. This disease may last from 1 to 15 days and is fatal in 3 to 5 percent of cases. Symptoms of HUS include fever, lethargy or sluggishness, irritability, and paleness or pallor. In about half the cases, the disease progresses until it causes acute renal failure, which means the kidneys are unable to remove waste products from the blood and excrete them into the urine. A decrease in circulating red blood cells and blood platelets and reduced blood flow to organs may lead to multiple organ failure. Seizures, heart failure, inflammation of the pancreas, and diabetes can also result. However, most children recover completely.

You need to see a doctor right away if you have any of the following symptoms, with or without gastrointestinal symptoms:

- Signs of shock, such as weak or rapid pulse; shallow breathing; cold, clammy, pale skin; shaking or chills; or chest pain.
- Signs of severe dehydration, such as dry mouth, sticky saliva, decreased urine output, dizziness, fatigue, sunken eyes, low blood pressure, or increased heart rate and breathing.
- Confusion or difficulty reasoning.

Diagnosis

Your doctor may be able to diagnose foodborne illness from a list of what you've recently eaten and results from the proper laboratory tests. Diagnostic tests for foodborne illness should include examination of the feces. A sample of the suspected food, if available, can also be tested for bacteria and their toxins as well as for viruses and parasites.

Treatment

Most cases of foodborne illness are mild and can be treated by increasing fluid intake, either orally or intravenously, to replace lost fluids and electrolytes. In cases with gastrointestinal or neurologic symptoms, people should seek medical attention.

In the most severe situations, such as HUS, the patient may need hospitalization in order to receive supportive nutritional and medical therapy. Maintaining adequate fluid and electrolyte balance and controlling blood pressure are important. Doctors will try to minimize the impact of reduced kidney function. Early dialysis is crucial until the kidneys can function normally again, and blood transfusions may be needed.

Prevention

Most cases of foodborne illness can be prevented through proper cooking or processing of food, which kills bacteria. In addition, because bacteria multiply rapidly between 40°F and 140°F, food must be kept out of this "danger zone."

To prevent harmful bacteria from growing in food, always:

- Refrigerate foods promptly. If you let prepared food stand at room temperature for more than 2 hours, it may not be safe to eat. Set your refrigerator at 40°F or lower and your freezer at 0°F.
- Cook food to the appropriate temperature (145°F for roasts, steaks, and chops of beef, veal, and lamb; 160°F for pork, ground veal, and ground beef; 165°F for ground poultry; and 180°F for whole poultry). **Use a thermometer to be sure!** Foods are properly cooked only when they are heated long enough and at a high enough temperature to kill the harmful bacteria that cause illness.
- Prevent cross-contamination. Bacteria can spread from one food product to another throughout the kitchen and can get onto cutting boards, knives, sponges, and countertops. So keep raw meat, poultry, seafood, and their juices away from other foods that are ready to eat.

- Handle food properly. Always wash your hands for at least 20 seconds with warm, soapy water before and after handling raw meat, poultry, fish, shellfish, produce, or eggs. Wash your hands after using the bathroom, changing diapers, or touching animals.
- Wash utensils and surfaces before and after use with hot, soapy water. Better still, sanitize them with diluted bleach- 1 teaspoon of bleach to 1 quart of hot water.
- Wash sponges and dish towels weekly in hot water in the washing machine.
- Keep cold food cold and hot food hot.
- Maintain hot cooked food at 140°F or higher.
- Reheat cooked food to at least 165°F.
- Refrigerate or freeze perishables, prepared food, and leftovers within 2 hours.
- Never defrost food on the kitchen counter. Use the refrigerator, cold running water, or the microwave oven.
- Never let food marinate at room temperature; refrigerate it.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Remove the stuffing immediately from poultry and other meats and refrigerate it in a separate container.
- Do not pack the refrigerator. Cool air must circulate to keep food safe.

Food Irradiation

Food irradiation is the treatment of food with high energy such as gamma rays, electron beams, or x-rays as a means of cold pasteurization, which destroys living bacteria, to control foodborne disease. The United States relies exclusively on the use of gamma rays, which are similar to ultraviolet light and microwaves and pass through the food leaving no residue or "radioactivity." Food irradiation is currently approved for wheat, potatoes, spices, seasonings, pork, poultry, red meats, whole fresh fruits, and dry or dehydrated products. Although irradiation destroys many bacteria, it does not sterilize food. Even if you're using food that has been irradiated by the manufacturer, you must continue to take precautions against foodborne illness, through proper refrigeration and handling, to safeguard against any surviving organisms. If you are traveling with food, make sure perishable items such as meats are wrapped to prevent leakage. Be sure to fill the cooler with plenty of ice and store it in the car, not the trunk. If any food seems warmer than 40°F, throw it out.

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