

FOODBORNE ILLNESS

What is Foodborne Illness?

It is a disease that is transmitted or carried to humans by food.

What are some of the common the symptoms?

Nausea; Vomiting; Diarrhea; Headache; Stomach Cramps; Fatigue

Who can get a Foodborne Illness?

Although anyone is at risk, the elderly, the very young, and immuno-compromised individuals are most susceptible.

What should I do if I think I, or a loved one, may have a Foodborne Illness?

1. Contact your physician immediately if the victim is in a high-risk group, has any of the common symptoms, or is experiencing bloody diarrhea. If a physician is not consulted, remain attentive to the victim's condition. Persistent symptoms can lead to dehydration and further illness.
2. If a physician is consulted, ask about taking a stool culture and what test he/she will instruct the lab to run. Center for Disease Control studies have shown that many doctors fail to recognize foodborne illness upon presentation and incomplete or misinformation can happen between the physician and the lab.
3. Contact the local health department if you think you have a foodborne illness and it was the result of a meal consumed from a food service establishment.
4. Practice good personal hygiene. Secondary transmission to family members or friends is very common so it is particularly important to thoroughly wash your hands after using the restroom.

For additional information contact the Environmental Health Services Division of the Macomb County Health Department at:

Central Health Center
43525 Elizabeth Rd.
Mt. Clemens, MI 48043
586-469-5236

Southwest Health Center
27690 Van Dyke, Ste B
Warren, MI 48093
586-465-8030