

Maine CDC Health Inspection Program



Form #1: What is foodborne illness?

People can become sick from eating contaminated food. This is called foodborne illness. *Contaminated* means there are bacteria and/or viruses on the food which can make people sick. Sometimes the food in a restaurant can become contaminated because of the way an employee handles the food. If a customer becomes sick from eating contaminated food in a restaurant, there may be serious results. For example:

Employee

Contaminates the food by not washing his/her hands properly

Customer

Gets sick
Tells friends, relatives, neighbors not to eat at restaurant
Complains to the health department
Could take the restaurant to court

Restaurant

Loses business
Could go out of business

Employee

Could be out of a job

The most common foodborne illnesses in the United States are:

1. **Shiga toxin-producing E.Coli (STEC)**
2. **Hepatitis A**
3. **Shigella**
4. **Salmonella**
5. **Norovirus**

These illnesses are referred to as the **Big Five**. Often these illnesses have similar symptoms. It is important that an employee recognize the symptoms of foodborne illness:

- 1) vomiting
- 2) diarrhea
- 3) jaundice
- 4) sore throat with fever
- 5) skin infection such as open sores



CALL YOUR MANAGER

For more information see 2013 Maine Food Code

Check our Website maine.gov/healthinspection
Phone: 207-287-5671 Fax: 207-287-3165 TTY: Call Maine Relay 711



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