



**Public Health**  
Prevent. Promote. Protect.

**The Township of Mount Olive  
Health Department**

# National Food Safety Education Month

## What is food safety?

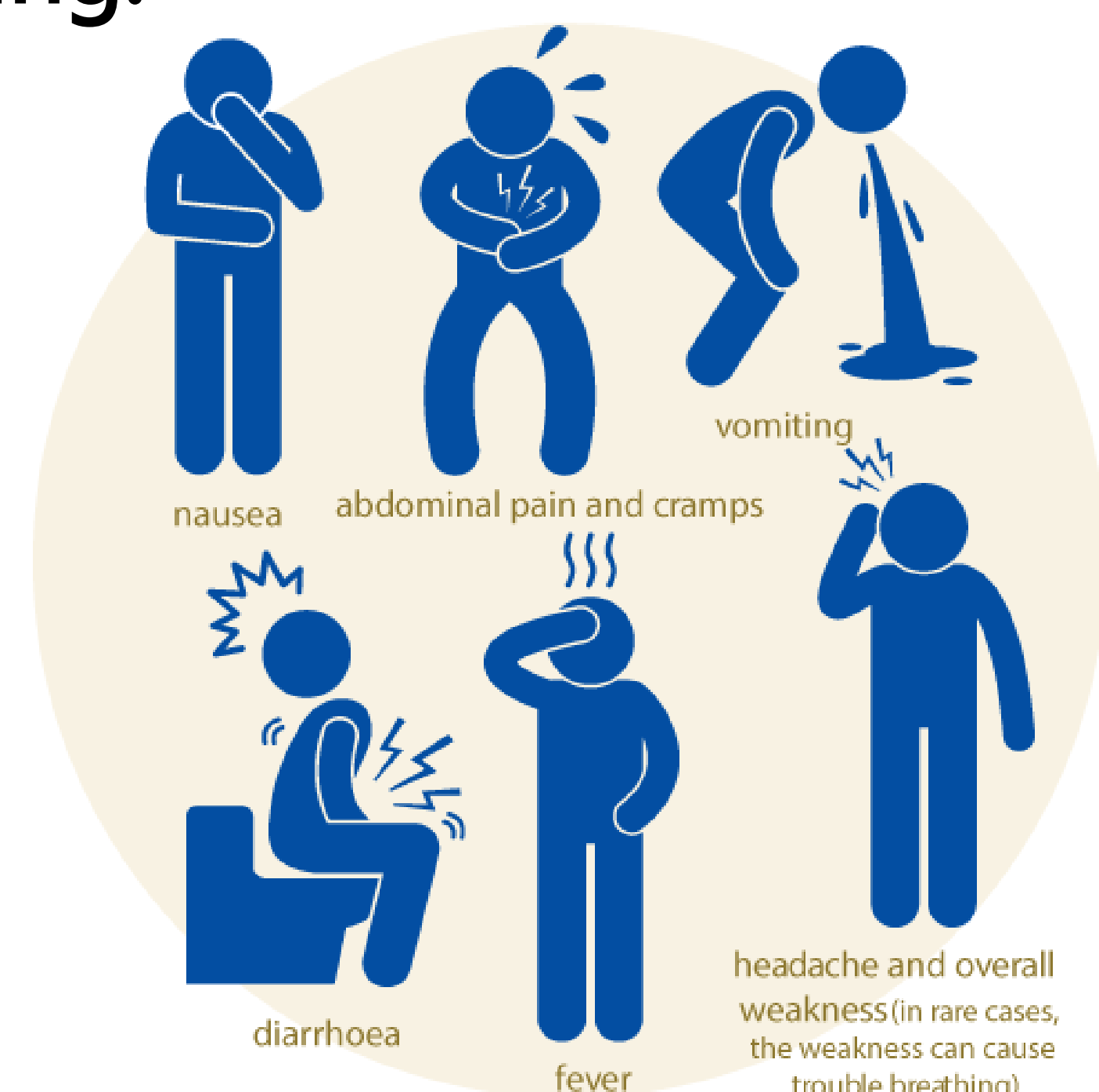
- Food safety aims to avoid contamination of food in order to prevent sickness.
- Foodborne illness can come from bacteria, microbes, viruses from the food handler, chemicals, foreign substances and allergens.

## The Facts on Foodborne Illness:

The CDC estimates ...

- 48 million people get sick,
- 128,000 are hospitalized,
- And 3,000 die from foodborne illnesses each year.

## Signs of Foodborne Illness or 'Food Poisoning:

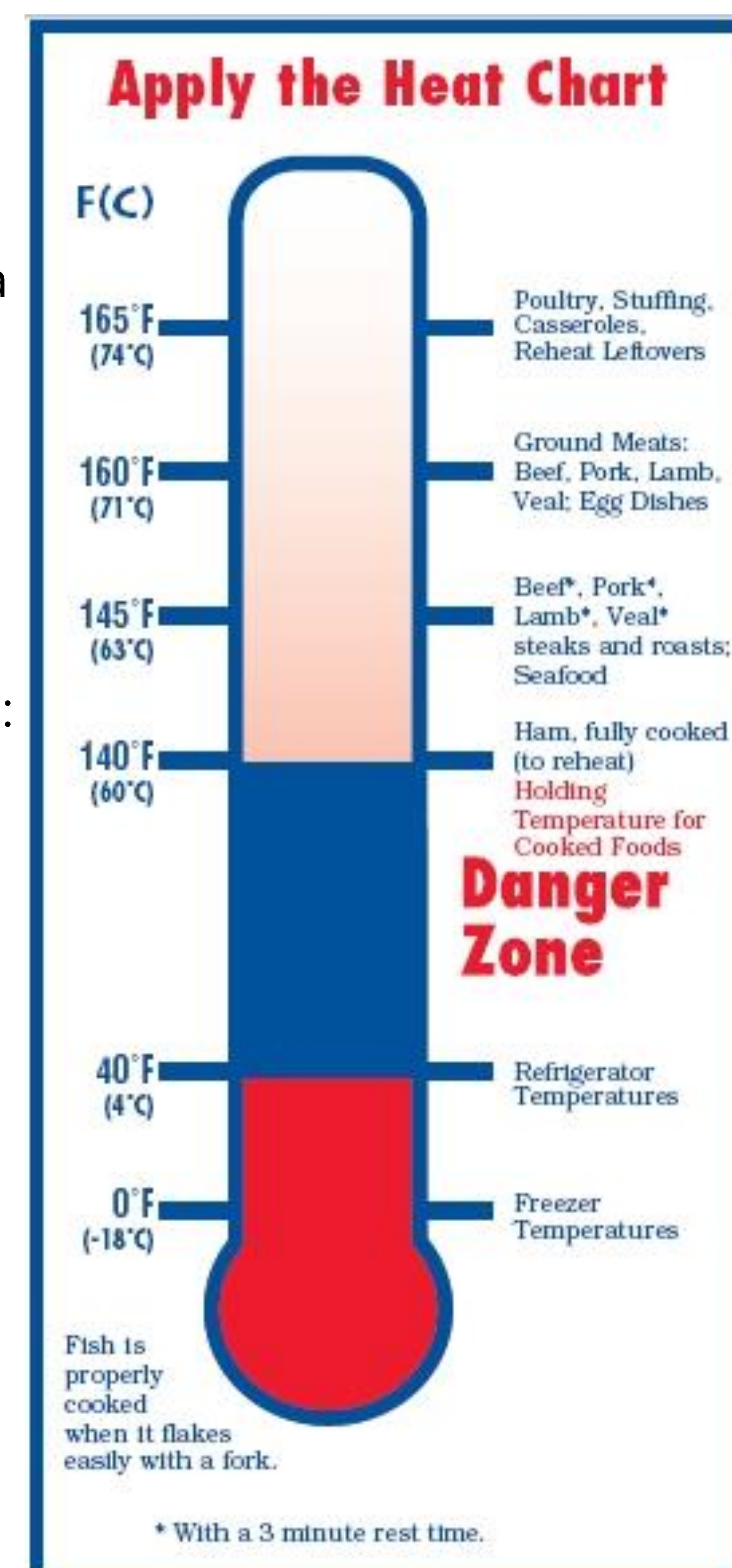


**It is important to remember not all food poisoning symptoms are the same and often times, the last thing you ate is not what's making you sick. Visit [CDC.gov/foodsafety](https://www.cdc.gov/foodsafety) to learn the different timelines of certain bacteria and when they can start to make you sick after eating.**

Properly cooking and holding foods at the temperatures shown on the image to the right is an important way to prevent bacteria and viruses from making us sick.

The bacteria and viruses that cause the most illnesses in the United States each year are:

- **Salmonella** (start of symptoms: 6-48 hours)
- **Norovirus** (Norwalk Virus) (start of symptoms: 12-48 hours)
- **Campylobacter** (start of symptoms: 2-5 days)
- **E. coli** (start of symptoms: 1-8 days)
- **Listeria** (start of symptoms: 9-48 hours)
- **Clostridium perfringens** (start of symptoms: 8-16 hours)



**Those who are at higher risk for foodborne illnesses are pregnant women, children, elderly and those with weakened immune systems.**

## What Can You Do?

Follow these steps for effective ways you can prevent foodborne illness at home:



## In Case of Suspected Foodborne Illness

Follow these general guidelines:

1. Preserve the evidence.
2. Seek treatment as necessary. If the victim is in an "at risk" group, seek medical care immediately.
3. Call the local health department if the suspect food was served at a large gathering, from a restaurant or other food service facility, or if it is a commercial product.

For More information

Call the Township of Mount Olive  
Health Department at 973-691-0900 ext. 7330

Created by the Township of Mount Olive Health Department.

