

# NEAT Fact Sheet

“Fight **BAC** with Food Safety”



The Center for Disease Control and Prevention (CDC) estimates food borne illnesses are responsible for 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths each year in the United States.



**be food safe.**

**clean. separate. cook. chill.**

[www.befoodsafe.org](http://www.befoodsafe.org)



	<b>STEAK</b>	REST TIME: AND ALLOW TO REST FOR AT LEAST 3 MINUTES	<b>145 °F</b>
	<b>POULTRY</b>	(BREASTS, WHOLE BIRD, LEGS, THIGHS, AND WINGS, GROUND POULTRY, AND STUFFING)	<b>165 °F</b>
	<b>PORK</b>		<b>145 °F</b>
	<b>GROUND MEAT</b>		<b>160 °F</b>
	<b>FISH AND SHELLFISH</b>		<b>145 °F</b>
	<b>FULLY COOKED HAM</b>		<b>165 °F</b>
	<b>LEFTOVERS</b>		<b>165 °F</b>
	<b>CASSEROLES</b>		<b>165 °F</b>



Pathogen	Symptoms	Sources	Prevention	Fast Fact
<b>Shigella</b>	Bloody Diarrhea Abdominal Pain & Cramps Fever	Food Easily Contaminated by Hands Produce (when contacted with contaminated water)	Wash Hands Control Flies Around Food Preparation Areas	Poor hygiene allows for easy disease transmission
<b>Salmonella Typhi</b>	High Fever Weakness Abdominal Pain Headache Loss of Appetite Rash	Ready-to-Eat Food Beverages	Cook food thoroughly Prevent cross-contamination between raw meat and ready-to-eat food	Can only infect humans
<b>Nontyphoidal Salmonella spp.</b>	Diarrhea Abdominal Cramps Vomiting Fever	Poultry & Eggs Meat Milk & Dairy Products Produce: Tomatoes, Peppers, Cantaloupes	Cook food thoroughly Wash hands	Leading bacterial cause of diarrhea in the world
<b>E. coli O157:H7</b>	Diarrhea Abdominal Cramps	Ground Beef (raw & cooked) Contaminated produce	Cook food thoroughly Prevent cross-contamination between raw meat and ready-to-eat food Purchase from Reputable Locations/Sellers	Causes approximately 73,000 cases of foodborne illness each year in the United States
<b>Hepatitis A virus</b>	Fever (mild) General Weakness Nausea Abdominal Pain Jaundice (yellow skin/eyes)	Ready-to-Eat Food Shellfish from Contaminated Water	Wash hands Avoid Bare-Hand Contact with Ready-to-Eat food Purchase Shellfish from Reputable Locations/Sellers	95% decrease infection rate since vaccine introduced in 1995
<b>Norovirus</b>	Vomiting Diarrhea Nausea Abdominal Cramps			Leading viral cause of diarrhea in United States