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**