

Signs of Foodborne Illness

Know the signs and symptoms to protect against the spread of foodborne illnesses

Farm workers infected with a foodborne illness should not handle fresh produce. To reduce the spread of foodborne illnesses among workers and customers:

- Be able to recognize the symptoms of foodborne illness to know when workers should not handle fresh produce.
- Sick workers may be sent home or given non-produce related tasks.
- Workers should be symptom-free for at least 24 hours before returning to work.
- Emphasize hand washing and good worker hygiene.



Vomiting/Nausea

Common symptom of many foodborne illnesses; indicated by frequent trips to the bathroom. Vomiting and nausea due to pregnancy is not a foodborne illness.



Jaundice

Known symptom of Hepatitis A Virus. There may be a change in skin and eye color and darker urine.



Diarrhea

Common symptom for many foodborne illnesses and very contagious. Indicated by stomach cramps, nausea, and fatigue and frequent trips to the bathroom.



Sore Throat with Fever

Known symptoms of Streptococcus and Corynebacterium pathogens. May also be associated with vomiting related to foodborne illness.



Fever

Includes an internal temperature above 100F. Of biggest concern to food safety when accompanied by sore throat, diarrhea, or vomiting.



To learn more, visit:
miofps.org