Tel. (207) 287-5671 Health Inspection Program Fax (207) 287-3165

**Five Reportable Foodborne Illnesses**

**It is the responsibility of the Person In Charge (PIC) to report to the Regulatory Authority if any food employee is diagnosed with any of the following infective agents.**

Shiga toxin-producing *E. coli* (STEC) - *E. Coli* O157:H7

Symptoms: Diarrhea that may or not be bloody, stomach cramps and chills. Onset of symptoms occur 2-10 (usually 3-4) days after ingesting the bacteria.

Transmission: fecal/oral, spread from person to person by improper handwashing.

Source: ground beef, raw milk, grocery produce, and sewage contaminated water.

Salmonella Typhi (Typhoid Fever)

Symptoms: Fever, headache, malaise and a non-productive cough. Constipation is more common than diarrhea. Onset of symptoms occur 3-60 (usually 8-14) days after ingesting the bacteria.

Transmission: fecal/oral, spread from person to person by improper handwashing.

Source: food, water, produce and milk contaminated by feces and/or urine of a carrier. Also found in shellfish taken from sewage contaminated waters.

Shigella spp.

Symptoms: Abdominal pain, fever, bloody stools (often with mucous and pus), nausea, vomiting and cramps. The urge to evacuate bowels and pain upon defecation. The onset of symptoms is 1-7 (usually 1-3) days after ingesting the bacteria.

Transmission: fecal/oral, spread from person to person by improper handwashing.

Source:food and water contaminated by infected persons. The bacteria must be ingested to produce illness and is often associated with crowded conditions and poor sanitation.

Hepatitis A

Symptoms:Fever, malaise, nausea, abominable cramps, dark urine and jaundice. Onset of symptoms is 15-50 (average 28-30) days after ingesting the virus.

Transmission: fecal/oral, spread from person to person by improper handwashing.

Source: contaminated water, contaminated produce, oysters, clams and food handled by an infected food handler.

Norovirus

Symptoms: Nausea, vomiting, diarrhea, and stomach cramping. Onset of symptoms is 12-48 hours after ingesting the virus. Transmission: highly contagious, fecal/oral, spread from person to person by improper handwashing, and through contact with contaminated surfaces or objects. **The virus can persist on surfaces for prolonged periods at a wide range of temperatures.** Follow US EPA guidance for proper cleaning agents effective against norovirus, available at <http://go.usa.gov/435e>.

For more information on each disease please visit [www.maine.gov/idepi](http://www.maine.gov/idepi).