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**