



## Food-Borne Illness (aka Food “Poisoning”)

Food poisoning is a common, yet distressing and sometimes life-threatening problem for millions of people in the U.S. People infected with foodborne organisms may have symptoms ranging from mild intestinal discomfort to severe dehydration and bloody diarrhea. Depending on the type of infection, people can even die as a result of food poisoning.

More than 250 different diseases can cause food poisoning. Some of the most common are caused by bacteria such as *Campylobacter*, *Salmonella*, *Shigella*, *E. coli* 0157:H7, *Listeria* and *botulinum toxin*.

The only way food poisoning can be accurately diagnosed is through a stool sample submitted to a lab, or in the case of *Listeria*, through blood or spinal fluid tests. If you suspect you have food poisoning, don't let the doctor tell you, “It's possible you have food poisoning”, or “Food poisoning can't be ruled out.” It can be accurately diagnosed through a stool sample.

