

# Food-borne Illnesses

Req #1d

## *Staphylococcus aureus*

- Bacterium
  - Common flora of nose & skin
  - Fecal-oral transmission
  - Contaminated food or water
- Sxs
  - N/V/D, abd pain
  - Skin infections, pneumonia, heart
  - Exotoxins (toxic shock, scalded skin)
- Prevention/ Risks
  - Good hygiene
- Treatment/ Trivia
  - Gastroenteritis self-limiting, supportive care
  - MRSA infection



## *Campylobacter jejuni*

- Bacterium
  - One of the main bacterial food-borne illnesses
  - Fecal-oral transmission
  - Contaminated food or water
- Sxs
  - Cramps, bloating, fever, pain
  - "dysentary" bloody diarrhea
  - Periodontitis
- Prevention/ Risks
  - Raw meat (chicken)
  - Good hygiene
- Treatment/ Trivia
  - Self-limiting, supportive care
  - Toxins inhibit immune system



## *Listeria monocytogenes*

- Bacterium
  - Ubiquitous in environment
- Sxs
  - N/V/D, fever & "flu"
  - Meningitis, septicemia
  - Miscarriages
- Prevention/ Risks
  - Safe handling, cooking, consumption of food
- Treatment/ Trivia
  - Aggressive support
  - 30% cases maternity



## Cryptosporidium

- Protozoan (parasite)
  - Fecal-oral contamination
  - Drink oocytes
- Sxs
  - Diarrhea
- Prevention/ Risks
  - Unfiltered, untreated fresh water
  - Boil water
- Treatment/ Trivia
  - Limited dz
  - Supportive care
  - Immunocompromised patients at greatest risk



## Norovirus "Norwalk"

- Virus
  - Fecal-oral contamination
  - Easily aerosolized
  - Direct person-to-person transmission
  - HIGHLY infectious
- Sxs
  - N/V/D, crampy abd pain
  - Generalized "flu"
- Prevention/ Risks
  - "Crowded" condition (Cruise ships)
  - Hand washing soap & water
    - Alcohol gel limits
- Treatment/ Trivia
  - Most common form of viral gastroenteritis
  - Self-limiting, Supportive care
  - Incomplete temporary immunity

