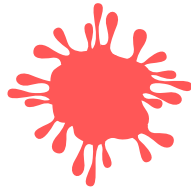


5 Bacteria That Cause Food-Borne Illnesses



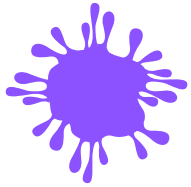
C. Difficile

Symptoms usually develop 5 to 10 days after starting a course of antibiotics. Illness from C. difficile most commonly affects older adults in hospitals or in long-term care. Symptoms range from diarrhea to life-threatening inflammation of the colon.



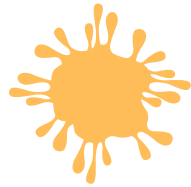
E-coli

Symptoms generally begin between 1 and 10 days after exposure. Some people may get seriously ill and need to be hospitalized. Exposure is often from contaminated water or food, especially raw vegetables and undercooked ground beef.



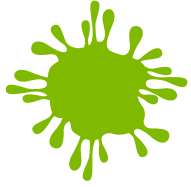
Salmonella

Symptoms usually start within 6 to 72 hours after exposure and often end within 4 to 7 days. Risk is highest for people who eat certain raw or undercooked foods, especially eggs, poultry, meat, particularly pork and ground beef.



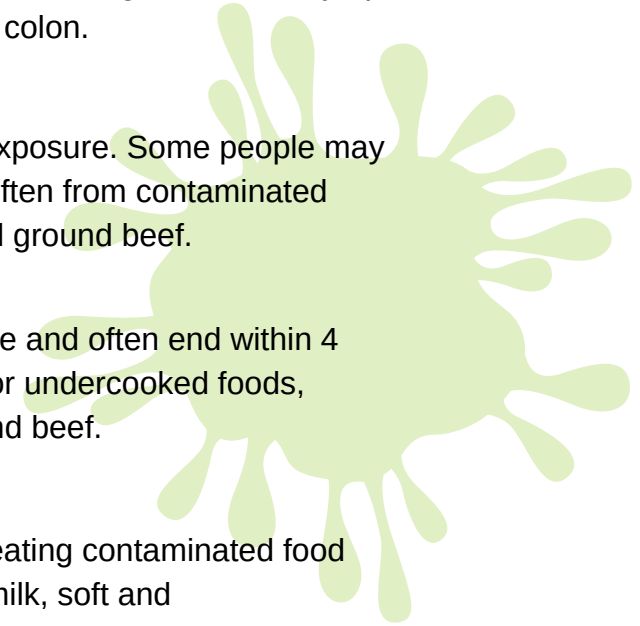
Listeria

Symptoms of listeriosis can start as early as 3 days after eating contaminated food including refrigerated smoked fish, raw or unpasteurized milk, soft and unpasteurized cheeses. In severe cases, the bacteria can spread to the nervous system and can be fatal.



C. Jejuni

Most people develop symptoms two to five days after being infected. Although anyone can get **campylobacteriosis** (from C.Jejuni exposure), certain populations including older adults are most at risk for developing serious complications.



Most intestinal infections are caused by contaminated food or water.

Proper food preparation and good hygiene can greatly decrease the chances of developing or spreading an intestinal infection.