



Canadian Food
Inspection Agency

Agence canadienne
d'inspection des aliments



Food Safety Facts on **Shigella**



Food SAFETY

Canada

What is foodborne illness?

Foodborne illness is the term used when people get sick from eating contaminated food. Food can be contaminated by viruses, bacteria and parasites. People often call foodborne illness ‘food poisoning’.

People may think that they have the flu when they have ‘food poisoning’ because the symptoms can be almost the same. Some symptoms of foodborne illness are stomach cramps, nausea, vomiting, diarrhea and fever.

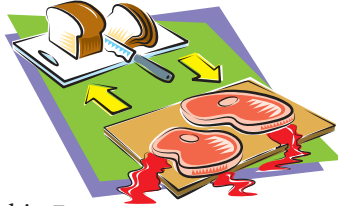
People who have shigellosis **should not prepare food**

What are *Shigella* and shigellosis?

Shigella is a type of bacteria that lives in the intestinal tract of humans and primates. The disease you get from *Shigella* is shigellosis. Food can become contaminated with *Shigella* in a variety of ways, e.g. contaminated water, poor sanitation in the field or by improper food handling. *Shigella* can be passed on by food handlers if they don't wash their hands properly.

What are the symptoms of shigellosis?

- diarrhea
- abdominal pain
- fever
- vomiting
- dehydration



Symptoms may show up within 7 to 36 hours. Sometimes it may take as long as seven days for a person to show symptoms. People who have shigellosis can be sick from 3 to 14 days. Sometimes people with shigellosis can become very sick.

How can I get shigellosis?

There are three ways you can get shigellosis:

1 The most common way to get shigellosis is by person-to-person contact. *Shigella* is transferred by fingers, food, feces or objects (such as kitchen equipment or money). *Shigella* can also be transferred by flies.

2 You can get shigellosis from drinking contaminated water.



3 You can get shigellosis from eating contaminated food. About 20% of shigellosis infections are from food.



What foods can carry *Shigella*?

A wide variety of foods can carry *Shigella* if they come from a contaminated source or if they become contaminated. These foods could include salads (potato, shrimp, tuna, chicken, turkey, macaroni, fruit, lettuce), chopped turkey, rice balls, beans, pudding, strawberries, spinach, raw oysters, luncheon meat and milk.

How can I protect myself and my family?

■ People who have shigellosis should not prepare food because they could spread the bacteria and make other people sick. Do not eat food that has been prepared by someone who has shigellosis.

■ Follow the basic food safety steps:

Clean: Wash your hands well with soap and hot water for 20 seconds before and after handling or preparing food. Clean and sanitize all cooking

equipment, utensils and work surfaces before and after use with a mild bleach solution (use 5 ml/1 tsp. bleach in 750 ml/3 cups water). Rinse with clean water. Let air dry if possible, or use clean kitchen towels or paper towels.

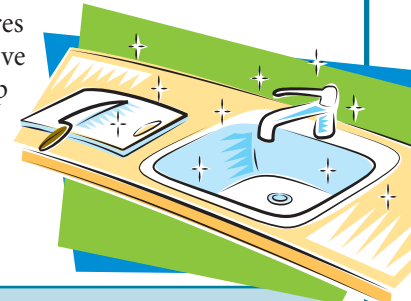
Use only clean water to water gardens and to wash food. Use only clean water to prepare food.

Only harvest and eat seafood or any food from water that is clean.

Separate: Don't cross-contaminate. Keep raw foods away from ready-to-eat foods while shopping, storing and preparing foods.

Chill: Refrigerate at or below 4°C (40°F) or freeze at or below -18°C(0°F).

Cook: Cook foods to proper temperatures and hold at or above 60°C (140°F). Keep foods out of the danger zone (4°C to 60°C/40°F to 140°F).



Food	Temperature
ham, ready-to-eat, fully cooked	You can eat it cold or you can heat it.
beef, lamb and veal steaks and roasts	71°C (160°F) medium 77°C (170°F) well done
ground beef, pork, veal and lamb; pork chops, ribs and roasts; egg dishes	71°C (160°F)
stuffing and casseroles, hot dogs, leftovers	74°C (165°F)
chicken and turkey breasts	85°C (185°F)
turkey and chicken (whole bird), chicken and turkey legs, thighs and wings	85°C (185°F)
ground chicken and turkey	85°C (185°F)

Safeguarding Canada's Food Supply

The Canadian Food Inspection Agency (CFIA) is the Government of Canada's regulator for food safety, animal health and plant protection.

Food safety and consumer protection are essential to the health of Canadians. At the CFIA, the safety of Canada's food supply is central to everything we do.

**For more information on food safety,
visit the Canadian Food Inspection Agency
website at**

www.inspection.gc.ca

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