


# Fight BAC!



## To Avoid These Least Wanted Pathogens

 You can't see, smell, or taste these pathogens, but they can enter your body when you eat contaminated food and make you sick! Learn about them so you can Fight BAC!® - anytime, anywhere, and any place.

### Use the Four Food Safety Rules to Fight BAC!®



**Clean:**  
Wash hands and surfaces often.

**Separate:**  
Don't cross-contaminate.



**Cook:**  
Cook to proper temperatures.

**Chill:**  
Refrigerate promptly.



 Create and manage the perfect park and keep park visitors free from these least wanted pathogens! Visit the App Store to download the free **Perfect Picnic** iPhone game app!



#### CAMPYLOBACTER

\kam-pi-lō-'bak-tər\

**Symptoms:** diarrhea, fever, vomiting, stomach pain

**Sources:** raw and undercooked poultry and other meat



#### CLOSTRIDIUM BOTULINUM

\klā-'stri-dē-əm\ bā-chā-'lī-nəm\

**Symptoms:** double or blurred vision, slurred speech, difficulty swallowing, dry mouth, muscle weakness

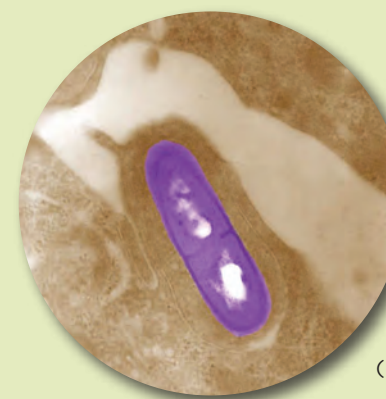
**Sources:** improperly prepared home-canned foods

#### E. COLI 0157:H7

\ē-'kō-,ī\

**Symptoms:** vomiting, diarrhea, headaches, stomach cramps,

**Sources:** beef, especially undercooked or raw hamburger, unclean water



#### LISTERIA MONOCYTOGENES

\lis-'tir-ē-ə\ mon-oh sahy-'tuh [jeen]

**Symptoms:** fever, muscle aches, diarrhea

**Sources:** unpasteurized products (including soft cheeses), sliced deli meats, hot dogs, and deli-prepared salads like egg, ham, seafood, and chicken salads

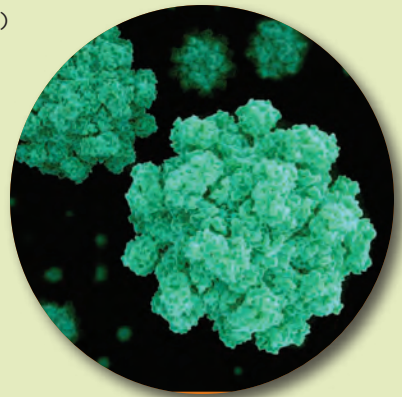
(Image: CDC/Dr. Balasubr Swaminathan; Peggy Hayes)

#### NOROVIRUS

\no-rō-'vī-rəs\

**Symptoms:** severe diarrhea, vomiting, nausea, stomach pain, fever, headache, body aches

**Sources:** any food contaminated by someone infected with this virus



#### SALMONELLA

\sal-mə-'nel-ə\

**Symptoms:** severe diarrhea, fever, abdominal cramps

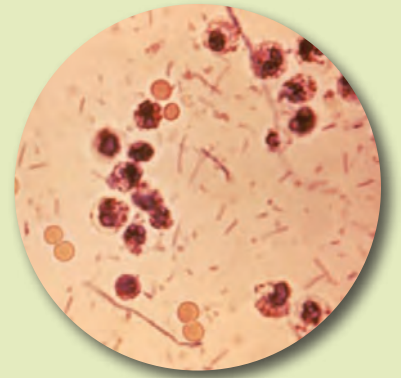
**Sources:** raw and undercooked eggs, undercooked poultry and meat, fresh fruits and vegetables, and unpasteurized dairy products

#### SHIGELLA

\shi-'gel-ə\

**Symptoms:** diarrhea, fever, stomach cramps

**Sources:** salads, unclean water, food handled by someone who is infected with the bacterium



#### STAPHYLOCOCCUS AUREUS

\staf-ə-lō-'kāk-əs\ ō'rē-əs

**Symptoms:** nausea, vomiting, stomach cramps, diarrhea

**Sources:** cooked foods high in protein like cooked ham, salads, bakery products, and dairy products that are left at room temperature for too long

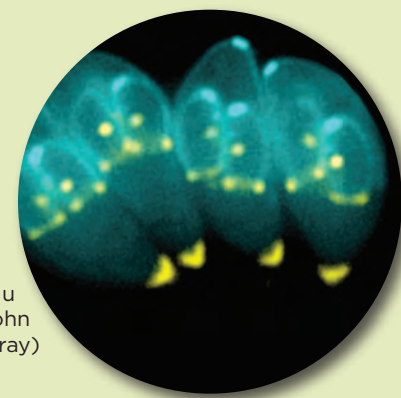
#### TOXOPLASMA GONDII (PARASITE)

\tāk-sə-'plaz-mə\ gōn'dē-'ī'

**Symptoms:** muscle aches, pains, fever

**Sources:** raw or undercooked meat, particularly pork, lamb, or venison; contact with cat feces

(Image provided by Ke Hu and John Murray)



#### VIBRIO VULNIFICUS

\vib-rē-ō\ vūl-nī'fī-kəs\

**Symptoms:** vomiting, diarrhea, and stomach pain

**Sources:** raw or undercooked seafood, particularly shellfish