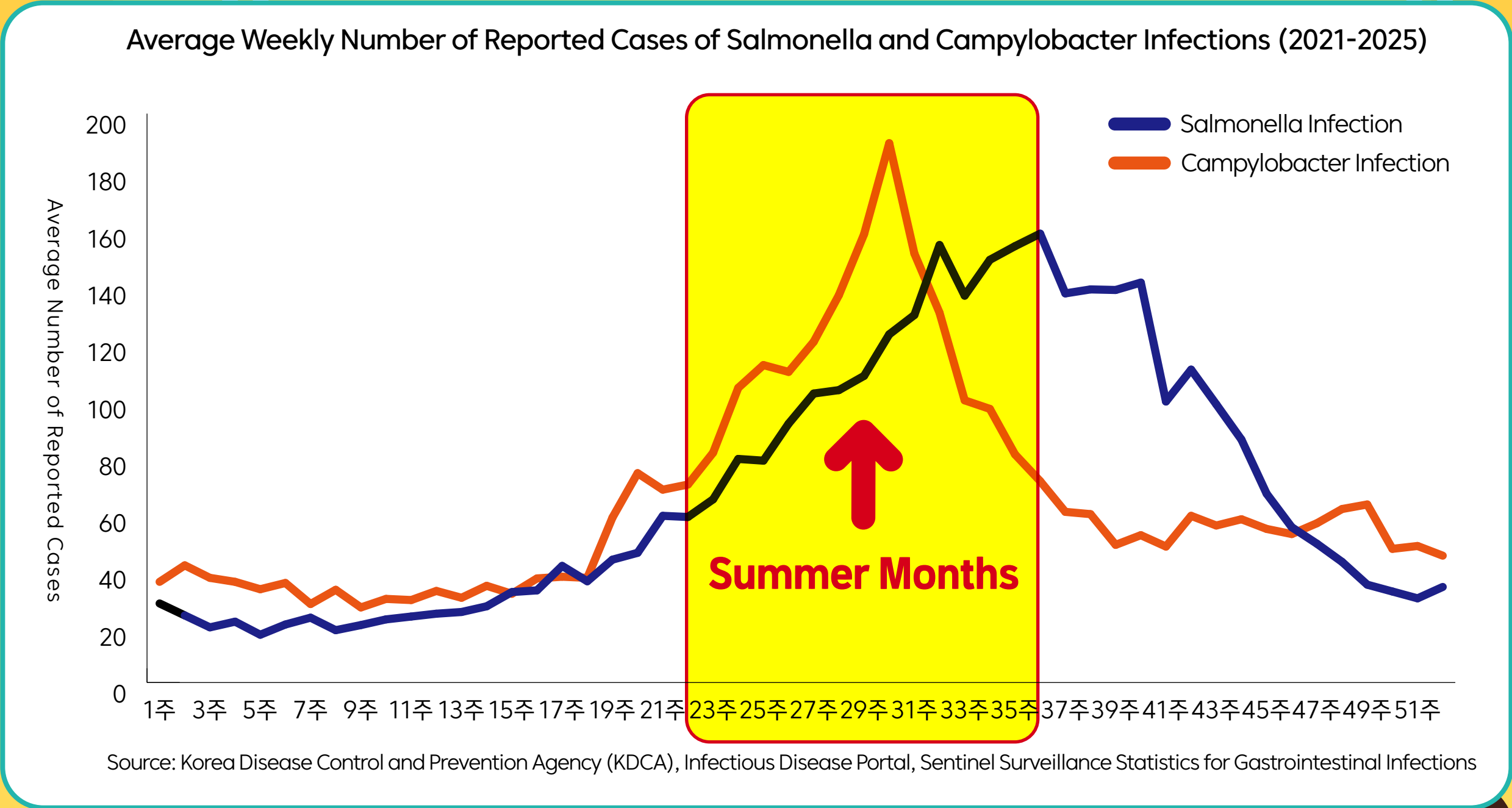


# Waterborne and Foodborne Infectious Diseases to Watch Out for in Summer

## What are waterborne and foodborne infectious diseases?

These are illnesses that cause **gastrointestinal symptoms** such as **vomiting, diarrhea, and abdominal pain** after consuming **water or food contaminated** with bacteria, viruses, or other pathogens



Hot and Humid  
Summer Months!  
Increased risk of  
bacterial gastrointestinal infections  
causing diarrhea, abdominal pain, and vomiting

# Major Causative Pathogens

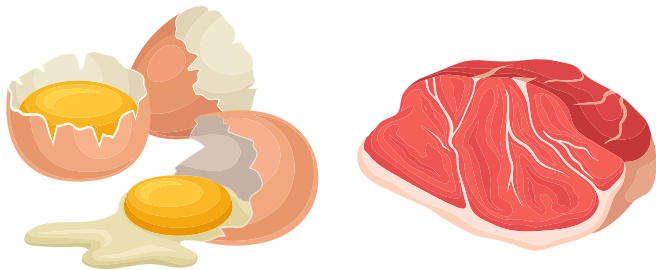
## Salmonella Infection

### Incubation Period

6 hours to 10 days  
(usually 6-48 hours)

### Common Food Sources of Infection

Raw eggs, undercooked eggs and egg products, contaminated meat and processed meat products



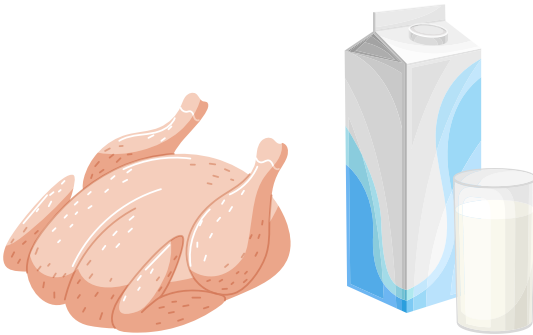
## Campylobacter Infection

### Incubation Period

2-10 days  
(usually 2-5 days)

### Common Food Sources of Infection

Undercooked meat (especially poultry such as chicken, etc), unpasteurized dairy products



# Main Symptoms



Abdominal pain, diarrhea



Vomiting, nausea



Fever, headache



# Prevention Tips



Practice **Proper Handwashing**



Cook Food **Thoroughly**



**Boil water** before drinking



**Wash** fruits and vegetables **thoroughly** with clean water



**Do not prepare or handle food** if you have diarrhea



Maintain **hygienic food preparation practices**

\* Disinfect knives and cutting boards after use, use separate cutting boards for fish, meat, and vegetables



If you have symptoms such as **diarrhea or vomiting**, avoid preparing food for others.

if **two or more people** are suspected of having a foodborne illness from the same source,

call ☎ **1339** (KDCA Call Center) or  
report it to the nearest  
public health center!

