

Key foodborne diseases and hazards



Bacteria:

- **Listeria** can result in blood poisoning and meningitis, and is usually spread by consuming contaminated raw vegetables, ready-to-eat meals, processed meats, smoked fish or soft cheeses.
- **Brucella**, commonly from unpasteurized milk or cheese of infected goats or sheep, can cause fever, muscle pain or more severe arthritis, chronic fatigue, neurologic symptoms and depression.
- **Cholera** can be caused by consuming food contaminated with *Vibrio cholerae*. It causes watery diarrhoea that can be fatal within hours if left untreated.



Virus:

- **Hepatitis A** is a liver disease caused by the hepatitis A virus, transmitted through food contaminated by the faeces of an infected person. It causes jaundice, nausea, anorexia, fever, malaise and abdominal pain.



Parasites:

- **Toxoplasmosis**, caused by *Toxoplasma gondi*, spread through undercooked or raw meat and fresh produce, can result in impaired vision and neurological conditions.
- **Pork tapeworm** (*Taenia solium*) can cause cysts to develop in the brain (cysticercosis), which is the most frequent preventable cause of epilepsy worldwide.
- **Echinococcus tapeworms** can infect humans through food contaminated with dog or fox faeces. They can cause tumours to form in the liver, lungs and brain.
- **Chinese liver fluke** (*Clonorchis sinensis*) commonly contracted through raw and incorrectly processed or cooked fish, can cause bile duct inflammation and cancer.



Chemicals and toxins:

- **Aflatoxin** is a toxin produced by mould that grows on grain that has been stored inappropriately, and can cause liver cancer, one of the most deadly forms of cancer.
- **Cyanide** poisoning occurs when inappropriately processed cassava is consumed.

**FOODBORNE DISEASES ARE PREVENTABLE.
EVERYONE HAS A ROLE TO PLAY.**