



The Everclean Report

The Big 5

There are over four hundred known food pathogens (bad bugs). This includes bacteria, viruses, and parasites. The five most common are called the "Big 5". Listed below are the Big 5 pathogens, onset, duration, and symptoms:

Name	Incubation period (after ingestion)	Duration of Illness	Symptoms
Shigella	1-3 days	4 to 7 days	Abdominal cramps, fever, diarrhea
Salmonella	6-48 hours	1 to 2 days	Diarrhea, fever, abdominal cramps, vomiting
E.coli	3-4 days	2 to 8 days	Severe (often bloody) diarrhea, abdominal pain and vomiting.
Norovirus	1 to 2 days	1 to 3 days	Nausea, vomiting, abdominal cramping, diarrhea, fever, headache.
Hepatitis A	10 to 50 days	1 to 2 weeks	Diarrhea, dark urine, jaundice, and flu-like symptoms, i.e., fever, headache, nausea, and abdominal pain

If you are diagnosed by a doctor with a Big 5 pathogen please let your supervisor know. Communication is the key in being part of the "SOLUTION" and avoiding problems.

Special Interest Articles:

- The Big 5
- The Fundamental 5
- The Preventative 5

The Fundamental 5

When it comes to keeping food safe through prevention (see Preventative 5 below) there are things you can do.

When it comes to the symptoms of an ill person, the fundamental symptoms are:

- **Diarrhea**- This symptom results in three or more very loose stools in a 24 hour period.
- **Fever** - This symptom is associated with *Salmonella typhi*. Fever may reach as high as 103 - 105 F.
- **Vomiting** - This symptom is common to many different types of food borne illnesses.

- **Jaundice** - Causes yellowing of the whites of the eyes and skin. Seek medical attention if symptoms persist.

- **Sore throat with fever** - While a sore throat may not be caused by an infection, if accompanied with a fever, you are sick. With coughing, germs are spread quickly.

Working with food while symptomatic may cause others to get sick. Be part of the solution and not the problem. Let your supervisor know when you are experiencing any of the "Fundamental 5" symptoms of food borne illness.

The Preventative 5

The "Preventative 5" can be used as an educational tool to target the prevention of food-related illness at the source (employees). Interventions listed below will reduce the chance of an outbreak and help maintain good food safety habits in the workplace. The preventative measures are:

- Frequent handwashing and glove changes
- No bare hand contact with Ready-to-Eat foods
- Good personal hygiene
- Maintain proper food temperatures
- Avoid cross contamination

Prevent a disease and protect a brand. Do the right thing for the right reasons.

Any comments or questions should be directed to info@evercleanservices.com.

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