Food Safety Education Month
September 2019

Cases of Select Food-related Illnesses, Montana 2018

- Salmonella: 135 cases
- STEC*: 121 cases
- Vibrio**: 14 cases

**Number of Cases**

<table>
<thead>
<tr>
<th>Illness</th>
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<tbody>
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* Shiga toxin-producing E. coli
** Bacteria found in coastal waters that can cause illness from raw/undercooked shellfish

Tips for Food Safety

1. **CLEAN** - wash hands, utensils, and surfaces often when cooking
2. **SEPARATE** - separate germ-spreading raw meat, poultry, seafood, and eggs from cooked food and fresh produce
3. **COOK** - use a food thermometer to make sure foods are cooked to an internal temperature that kills germs
4. **CHILL** - refrigerate perishable foods and leftovers within 2 hours. Chill within one hour on hot days.

Raw meat like chicken and beef may contain Salmonella, STEC, Campylobacter or other bacteria that can cause illness - prevent illness by following **Tips for Food Safety**

- 10 vibriosis cases in 2018 ate raw oysters before their illness onset
- Raw milk (and foods made from it) can cause illness from bacteria such as Campylobacter, STEC, Salmonella, and Listeria

Montana Cases linked to Foodborne Outbreaks, 2018

- Salmonella Mbandaka: 2 cases
- STEC: 9 cases
- Cyclosporiasis: 6 cases
- Salmonella Newport: 19 cases
- Norovirus/AGI**: 14 cases

**Acute gastrointestinal illness caused by an unknown pathogen**

Keep food out of the DANGER ZONE

- Keep hot food hot - at or above 140°F
- Keep cold food cold - at or below 40°F