



DIARRHEAL DISEASE OUTBREAK

WHAT IS DIARRHEAL DISEASE OUTBREAK?

DIARRHEAL DISEASE OUTBREAK (DDO) IS THE RESULT OF EATING ORGANISMS OR TOXINS IN CONTAMINATED FOOD AND MANY TIMES OCCURS AS AN OUTBREAK IN GROUPS OF PEOPLE WHO ALL ATE THE SAME FOOD. COMMON CAUSES OF MOST CASES OF FOOD POISONING ARE CAUSED BY STAPHYLOCOCCUS, E. COLI, OR NOROVIRUS.

WHO GETS DDO?

INFANTS AND THE ELDERLY ARE MORE LIKELY TO GET DDO, AS ARE PEOPLE WITH WEAK IMMUNE SYSTEMS. PEOPLE WHO TRAVEL TO COUNTRIES WHERE FOOD MAY NOT BE WASHED OR PREPARED CORRECTLY SOMETIMES GET SICK.

WHAT CAUSES DDO?

DDO TENDS TO OCCUR IN SITUATIONS WHERE FOOD MAY BE LEFT UNREFRIGERATED TOO LONG OR WHERE FOOD PREPARATION TECHNIQUES ARE NOT CLEAN. IT USUALLY OCCURS FROM EATING UNDERCOOKED MEATS, DAIRY PRODUCTS, OR FOOD CONTAINING MAYONNAISE (LIKE POTATO SALAD) THAT HAS SAT OUT TOO LONG. DDO CAN FREQUENTLY BE CAUSED BY A FOOD WORKER PREPARING FOOD WHILE THEY ARE STILL ABLE TO SPREAD THE VIRUS OR BACTERIA.

WHAT ARE THE SYMPTOMS OF DDO?

SYMPTOMS INCLUDE NAUSEA AND VOMITING, STOMACH CRAMPS, DIARRHEA THAT MAY BE BLOODY, FEVER AND CHILLS, WEAKNESS AND HEADACHES.

WHEN DO SYMPTOMS OCCUR?

SYMPTOMS CAN START AS SOON AS A FEW HOURS TO SEVERAL DAYS AFTER EATING OR DRINKING THE INFECTED FOOD.

HOW IS DDO TREATED?

WITHIN A COUPLE OF DAYS, MOST PEOPLE RECOVER FROM DDO WITHOUT TREATMENT. DRINKING FLUIDS TO REPLACE THOSE THAT WERE LOST THROUGH VOMITING AND DIARRHEA IS RECOMMENDED. SOME PEOPLE, ESPECIALLY CHILDREN MAY NEED TO BE HOSPITALIZED.

WHAT ARE THE COMPLICATIONS OF DDO?

COMPLICATIONS DEPEND ON THE TYPE OF ORGANISM THAT CAUSED THE DDO AND CAN INCLUDE KIDNEY PROBLEMS, BLEEDING AND NERVOUS SYSTEM DISORDERS, AND DEATH.

HOW IS DDO PREVENTED?

TO PREVENT DDO, CAREFULLY WASH HANDS AND CLEAN DISHES AND UTENSILS, PREPARE FOOD CAREFULLY AND COOK FOOD TO THE CORRECT TEMPERATURE, FOLLOW ALL REFRIGERATION INSTRUCTIONS, AND NEVER EAT FOOD THAT YOU THINK COULD BE INFECTED.