



APRIL 29, 2024

# About Food Safety

AT A GLANCE

- Foodborne germs can lead to illness, hospitalization, and death.
- Follow key steps to prevent food poisoning - clean, separate, cook, and chill.

## Overview

CDC estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die.

### Top 5 foodborne germs causing illness

1. [Norovirus](#)
2. [Salmonella](#) (non-typhoidal)
3. [Clostridium perfringens](#)
4. [Campylobacter](#)
5. [Staphylococcus aureus](#)

### Top 5 foodborne germs causing hospitalizations

1. [Salmonella](#) (non-typhoidal)
2. [Norovirus](#)
3. [Campylobacter](#)
4. [Toxoplasma gondii](#)
5. [E. coli O157](#)

### Top 5 foodborne germs causing deaths

1. [Salmonella](#) (non-typhoidal)
2. [Toxoplasma gondii](#)
3. [Listeria monocytogenes](#)
4. [Norovirus](#)
5. [Campylobacter](#)

## Prevention

Following four simple steps can help prevent food poisoning:

1. Clean
2. Separate
3. Cook
4. Chill

**Keep Reading:**  
[About Four Steps to Food Safety](#)

# Resources

[Safer Food Choices](#)

SOURCES

**CONTENT SOURCE:**  
[National Center for Emerging and Zoonotic Infectious Diseases \(NCEZID\)](#)