Extended Abstract | Malaria Control & Elimination | 2019 | Vol.8 No.2

# Emerging Diseases 2019: Foodborne illness a dynamic, everywhere possible emergency field today - Liana Monica Deac - Public Health Center

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Foodborne illness afflicts people throughout the world. The CDC defines a foodborne disease outbreak as the occurrence of two or more similar illnesses resulting from intake of a common food. Each year, in USA, one in 10 people experiences a foodborne illness, 128,000 are hospitalized, 3,000 die, and 33 million healthy life-years are lost. While few patients with foodborne illness are alive with life-threatening symptoms, there are a number of foodborne infectious diseases and toxins that the emergency physician or other health care provider must consider in the reports of these patients. Given the frequency of international travel, as well as the risk relation with recurrent outbreaks of foodborne illness from commercial food sources, it is important to recognize various syndromes of foodborne illness, including those which may require specific analysis and management steps. Foodborne illness shows a significant public health threat to the United States.

The disease is defined as any ailment associated with the ingestion of contaminated food and is most oft en associated with gastrointestinal symptoms, including diarrhea, nausea, and/or vomiting. Individuals who are aged less than 5 years or more than 60 years or who are immune compromised are at greatest risk for acquiring a foodborne illness. The most common cause of gastroenteritis is Salmonella infection. Annually, nontyphoidal Salmonella causes 1.2 million cases of foodborne illness and 450 deaths. Most Salmonella presence was attributed to seeded vegetables (6.9%), pork (4%), or vegetable row crops (1.7%). Adults older than 65 years, people with weakened immune systems, and nonbreastfed infants are more likely to have severe infections. Approximately 8% of patients with nontyphoidal salmonellosis will develop bacteremia and require treatment with antibiotics, including ceftriaxone or azithromycin in children and a fluoroquinolone (commonly levofloxacin) or azithromycin in adults. The summer months (peaking in July or August) had the highest percentage of cases. The use of certain medications to reduce stomach acidity can increase the risk of Salmonella infection.

The food safety systems in some countries does better consumer protection than others. This situation, combined with differing climates and ecologies, results in the association of different types of foodborne illness with different regions of the world. In a global economy, both people and food travel the world. Clinicians must consider foreign travel as well as the consumption of food from other parts of the world when determining the cause of foodborne disease. The point to decline the incidence of foodborne illness is prevention. Proper food storage, refrigeration, handling, and cooking are vital. Patients should be aware enough to avoid high-risk items such as unpasteurized milk and milk products, as well as raw or undercooked items like oysters, meat, poultry, and eggs. The use of more meals in the home may also decrease the risk of foodborne illness.

CDC defines a foodborne disease outbreak as the occurrence of two or more similar illnesses resulting from ingestion of a common food. The disease is defined as any filament associated with the ingestion of contaminated food and is most often associated with gastrointestinal symptoms, including diarrhea, nausea, and/or vomiting. It is important to identify various syndromes of foodborne illness, including those, which may require specific evaluation and management strategies. The food safety systems in some countries afford better consumer protection than others. This situation, combined with differing climates and ecologies, results in the association of different types of foodborne illness with different regions of the world. In a global economy, both people and food travel the world and can offer foodborne morbidity everywhere.

From eating contaminated food, anyone can get food-born infection, which as case definition, includes specific criteria for person, place, time, and clinical aspects.

- Every country around the world, get medical social and economic sufferings from foodborne illnesses, which became a possible active today medical emergency everywhere.
- The population must be educated for good Hygiene uses, to avoid the illnesses.
- For protecting people from the disease, there is needed to survive correct each chain of food production: processing, transportation, handling, and all correct food preparation steps.
- To prevent a Food-born infection, there is necessary to wash regular hands and surfaces, as more often possible.
- A useful prevent and control activity in Food born disease, is to put together: epidemiologists, environmental health specialists, laboratory specialists, clinicians, as all other specialists with possible enteric disease outbreak connections and therapy responsibilities.

This work is partly presented at 10th International Conference on Emerging Infectious Diseases December on 02-03, 2019 held at Barcelona, Spain