



Foodborne Illness is on the Rise: Protect Yourself

It's scary, but it's the truth. You've likely seen the news reports this year, announcing recall after recall of produce, eggs and other foods. According to the Centers for Disease Control and Prevention (CDC), the overall number of diagnosed cases of listeria and salmonella, among others, increased 96 percent in 2017 alone.

Foodborne illness is no joke—1 in 6 Americans get sick and 3,000 die every year from one of 31 known pathogens. Globally, this number increases drastically. To avoid contracting a foodborne illness, be sure to prepare your food safely and monitor the CDC's outbreak [webpage](#). If an outbreak is reported or a recall is issued, don't risk it! Follow the CDC's advice so you don't get sick.