

What's really making you sick?

Highlights from the European Union One Health 2024 Zoonoses Report

What are foodborne diseases?

Many people in Europe fall ill from foodborne diseases each year. Severity differs between diseases, and many can be prevented.



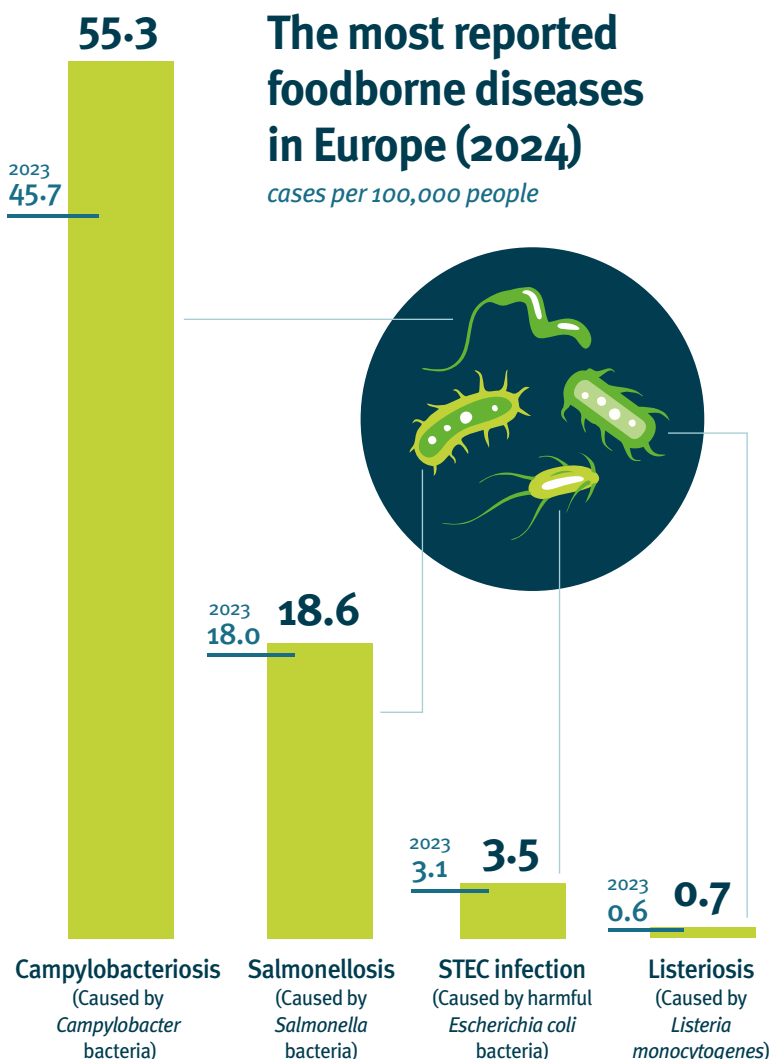
They happen when harmful bacteria, viruses, parasites or fungi enter the food chain.



They can come from food of animal origin, fruits, vegetables, or water.



Some are caused by germs that initially affect animals and then enter the food chain, known as zoonoses.



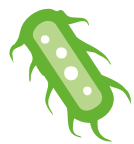
Where do they come from?

Contamination can happen at the farm, during production or in your kitchen.

These are the top 5 foods associated with foodborne outbreaks:



The main foodborne diseases



Listeriosis

Listeriosis is caused by *Listeria monocytogenes*, it is rare but very serious. It has the highest hospitalisation and death rates of all foodborne diseases.



About **7 in 10** people need hospital care



1 in 12 may die

Spread through



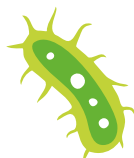
Sausages, pâté & deli meats



Ready-to-eat fish products



Vegetables



Salmonellosis

Salmonella bacteria are the most common cause of multi-country foodborne outbreaks.



Only **14** EU Member States met all targets for reducing *Salmonella* in poultry



Eggs & egg products



Meat products



Vegetables & juices



STEC infection

Harmful *E. coli* can cause severe gastrointestinal infections, often with bloody diarrhoea. Improved testing in food products has reduced the number of outbreaks since 2023.



Undercooked contaminated beef



Unpasteurised milk and soft cheeses made from it



Contaminated water



Campylobacteriosis

Infection by *Campylobacter* bacteria is the most commonly reported foodborne disease in Europe. Campylobacteriosis shows clear seasonality, with a peak of cases in the summer months.



Undercooked contaminated poultry meat



Unpasteurised milk and soft cheeses made from it



Contaminated water

How can you avoid foodborne diseases?

These diseases can cause an upset stomach, fever, nausea and diarrhoea. In severe cases, they may lead to hospitalisation or even death. Older adults, pregnant people and those with weakened immune systems are at higher risk of serious illness.



Keep your fridge at 5°C or below



Consume foods before the use-by date



Cook food thoroughly, especially poultry and other meats



Wash hands, knives and surfaces after handling raw foods

Did you know?



You can't see, taste or smell the germs that cause foodborne disease.



Cooking and refrigerating your food properly can save lives.