

positivity

The ActiveOne Wellness Journal

According to World Health Organization (WHO), the workplace is one of the priority settings for health promotion into the 21st century. This is because the workplace directly influences a person's physical, mental, economic and social well-being. Consequently, the health of workers also affects the health of their families, communities and society.

In the Philippines, the Occupational Safety and Health Center (OSHC) is at the forefront of promoting workers' health and safety through the Zero Accident Program or ZAP. The ZAP combines national efforts to bring occupational safety and health to more workplaces and workers. It is a long-term strategy that seeks to prevent work-related injuries.

While the workplace offers an ideal setting and infrastructure to support the promotion of health of many people, the concept of health promoting workplace (HPW) is yet to be applied on a wider scale. Ill-advised cuts in occupational health services are done due to lack of understanding that the workplace is an important setting for prevention of health problems.

Below are some of the extensive benefits of giving proper attention to workers' health:

- Healthy workers are productive and raise healthy families; thus they become key strategies for overcoming poverty
- Safe workplaces contribute to national and global sustainable development, and therefore help reduce poverty
- Occupational safety and health can improve the employability of workers. This is achieved through workplace redesign, maintenance of a health and safe work environment, training and retraining, assessment of work demands, medical diagnosis, health screening and assessment of functional capacities (Health promotion activity, WHO)
- Occupational health is fundamental to public health. Workplace health programs can help prevent and control major diseases such as AIDS, heart disease, cancer, diabetes, etc.

Companies and organizations that promote health will also reap the following benefits:

- a positive and caring image (enhances the self-esteem of employees)



- improved staff morale (reduces stress in the workplace)
- reduced staff turnover (reduces the cost of hiring and improves the morale of workers)
- reduced absenteeism (increases job satisfaction among staff)
- increased productivity (increases skill for health protection)
- reduced health care/insurance costs (improves the health of everyone in the workplace)

The end goals of workplace health promotion are to improve the work organization and working environment, increase workers' participation in shaping the working environment, and encourage personal skills and professional development. The success of a company can be achieved with a healthy, qualified and motivated workforce. A health promoting workplace (HPW) can guarantee a flexible and dynamic balance between customer expectations and employees skill and health. This ideal vision of workplace health promotion can assist companies and work organizations to compete in the marketplace. For nations, the development of HPW will be a vital pre-requisite for sustainable social and economic development.

WHO: Workplace health promotion – benefits http://www.who.int/occupational_health/topics/workplace/en/index1.html

Wikipedia: Workplace Health Promotion http://en.wikipedia.org/wiki/Workplace_health_promotion
Promoting workers health and safety through the Zero Accident Program
http://cloud.eacomm.com/oshc2010/UserFiles/oshc2010/file/Accomplishment_Report_2010.pdf

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Dear Valued Partners,

We truly hope that you are delighted in reading our previous issue, as well as our past releases. We cannot wait to share with you these new set of helpful topics which you and your families will surely benefit.

This current publication highlights the importance of promoting health in the workplace. Health promotion in the workplace is indeed one of the most important details that must be present in any company. Aside from being a general requirement, it is also necessary to ensure that all employees are equipped and guided with the right knowledge about their health and wellbeing.

We have also provided tips for you on how to effectively promote breastfeeding, prevent musculoskeletal disorders and foodborne diseases in your workplaces. Breakthroughs on the 'Dengue vaccine' will also be discussed.

And as we are on the last quarter of this year, let us look back on the significant health issues and disease outbreaks we had for 2014 such as the Chikungunya Virus Disease, Ebola Virus Disease and MERS-COV. We will be citing recommendations from credible health organizations for your references.

Lastly, we are very excited to share with you our new section that features the original articles of our medical personnel. We also have our banner WOW (Words of Worth) Comments awarded to our hardworking employees from you, our dear valued partners.

As the ancient poet Virgil once said, "The greatest wealth is health". It is therefore a reminder for all of us that being fit and healthy in any aspect is way much better than having all the luxuries in life. Enjoy reading!



Tony S. Castillo
President and COO
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EFFECTIVE BREAST FEEDING IN THE WORKPLACE

In 2010, the Department of Health released guidelines for the promotion, protection and support of breastfeeding. According to the DOH, there are about 16,000 infant deaths yearly in the country and this can be prevented through persistent breastfeeding. The DOH mission is line with the guidelines of the Infant and Young Child Feeding (IYCF) program, which requires workplaces to provide lactation rooms and breastfeeding breaks, enforce the Milk Code, and provide maternity leaves.

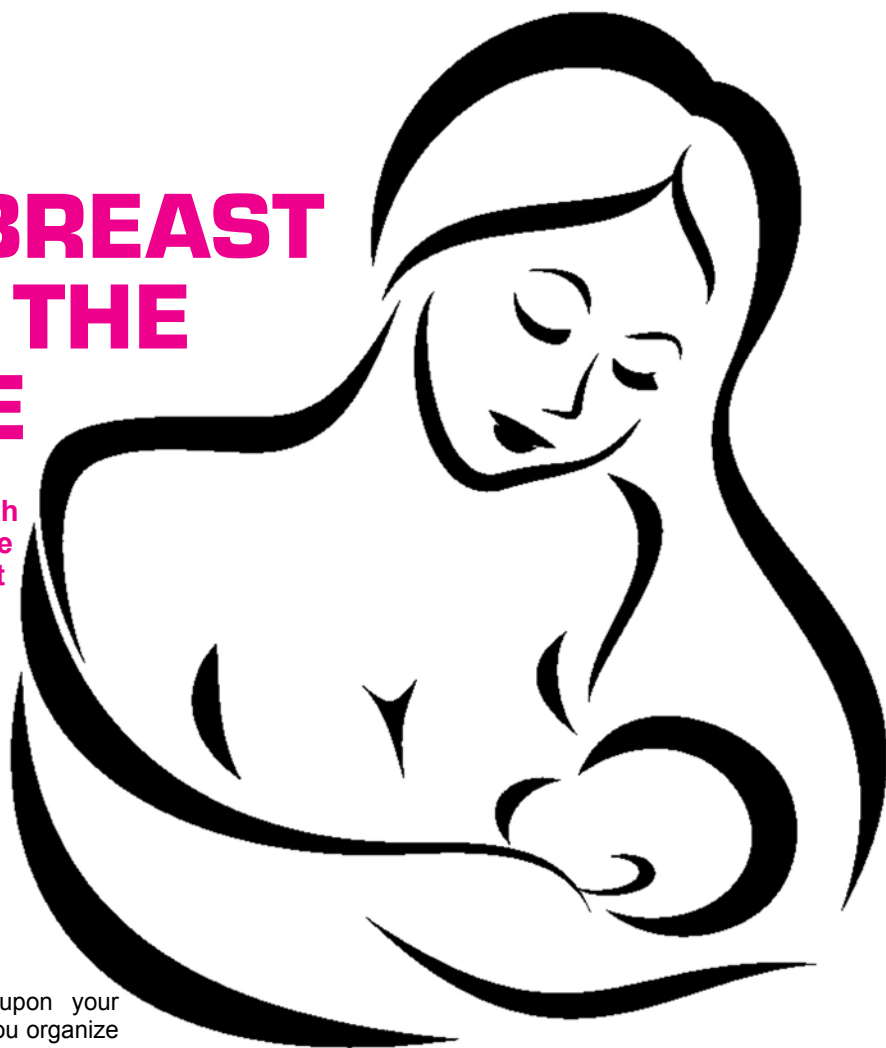
Successful breastfeeding at work will depend upon your determination to pursue the practice and how well you organize your daily routine. Combining breastfeeding with office work requires careful planning and the ability to make proper arrangements with colleagues and other people involved. Keep in mind that the demands of your job will remain the same despite the changes in your circumstances as a mother. You are the one who will take the responsibility to feed your baby as you go about your day-to-day tasks.

Here are some tips to help you breastfeed effectively in the workplace:

- **If possible, allow at least eight weeks before returning to work. This should allow you some time to recover from childbirth and to establish your milk supply.** Once your milk flow has become regular, you will have to start storing sufficient supply of expressed milk for the caregiver to use. It's good to have a stock of breastmilk in the freezer so you don't have to worry about expressing when you have an important meeting or appointment. Another reason why you should give yourself time before you resume work is to let yourself be familiar with the daily routine of breastfeeding and pumping milk.
- **If you wish to exclusively breastfeed your baby, you may want to inquire about possible places in the workplace where you can express milk.**



Otherwise, you may have to look for a caregiver who can easily bring your baby to work when it's time for feeding. A woman who works full time can



expect to be away from her baby for up to ten hours, which equals two or three pumping sessions.

- **Assess your daily work schedule to find times when you will have the chance to nurse or pump milk.** If you have to feed or express twice during your workday, you might have to divie your lunch hour and afternoon break. Choose a time when you are not tensed or rushed. Plan for 30 minutes feeding or expressing. Decide which of the two works best. Breastfeeding in the workplace may cause separation anxiety on your part and on your baby's. However, expressing milk with a breast pump may require extra time for cleaning and packing up.
- **You can pump milk in an empty office or a space in a health facility.** Make sure there's an outlet for an electric pump, if you are using one, and a comfortable chair. You will also need a place to store your equipment during the day. Some malls have breastfeeding stations. If there's one nearby, ask your caregiver to get there in advance and make the necessary reservations.
- **Keep your expressed breast milk cool.** If no refrigerator is available at the office, bring an insulated cooler, filled with chill packs (refreezable, plastic containers of liquid), to store the milk.
- **Wear the most comfortable nursing clothes you can find.** If you're on a budget, you can borrow from family and friends or buy from yard sales.

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Working and Breastfeeding – La Leche League <http://www.lalecheleague.org/nb/nbworking.html>
The Working Woman's Baby Planner by Marla Schram Schwartz
DOH releases guidelines for physicians on breastfeeding
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Infant and Young Child Feeding (IYCF)
<http://www.doh.gov.ph/node/545.html>

Significant Health Issues and Outbreaks in 2014



Being aware of global health issues and outbreaks is important in protecting oneself from diseases, especially when a person travels to another country. Knowing the causes and symptoms of a disease and following the advisories is a sure way of being healthy. The World Health Organization (WHO) has given pertinent information about the recent outbreaks in West Africa, Middle East, Southeast Asia and islands in the Indian and Pacific Oceans.

EBOLA VIRUS DISEASE

History's largest Ebola outbreak occurred in Guinea in March 2014, and it was the first recorded in West Africa (it has spread to Liberia, Nigeria, and Sierra Leone). The World Health Organization announced a cumulative total of 1779 suspect and confirmed cases of Ebola virus disease (EVD) and 961 deaths, as of August 6, 2014. Of the 1779 clinical cases, 1134 cases have been laboratory confirmed for Ebola virus infection.

The Ebola virus disease (also known as Ebola hemorrhagic fever) is a rare and deadly disease (fatal in 55-60% of cases reported), caused by infection with one of the Ebolaviruses (Ebola, Sudan, Bundibugyo, or Tai Forest virus). Hosts or carriers of the virus include bats and other rodents.

The WHO states that in outbreak settings, Ebola virus is typically first spread to humans after contact with infected wildlife and is then spread person-to-person through direct contact with bodily fluids such as, but not limited to, blood, urine, sweat, semen, and breast milk. The incubation period is usually 8-10 days (ranges from 2-21 days). Patients can transmit the virus while febrile and through later stages of disease, as well as postmortem, when persons touch the body during funeral preparations. It also spreads through contact with contaminated objects (needles or medical equipment) or infected animals (blood, secretions or infected meat).

Symptoms of EVD include fever, headache, joint and muscle aches, sore throat, and weakness, followed by diarrhea, vomiting, and stomach pain. Skin rash, red eyes, and internal and external bleeding may be seen in some patients. The WHO says that patients with severe forms of the disease may develop hemorrhagic symptoms and multi-organ dysfunction, including hepatic damage, renal failure, and central nervous system involvement, leading to shock and death. The fatality rate can vary from 40-90%.

MIDDLE EAST RESPIRATORY SYNDROME CORONAVIRUS (MERS-COV)

The Centers for Disease Control and Prevention (CDC) issued a Health Advisory describing the first case of Middle East Respiratory Syndrome Coronavirus (MERS-CoV) infection in the United States, which was recently identified in Indiana in a traveler from Saudi Arabia on May 3, 2014.

The first known cases of MERS-CoV occurred in Jordan in April 2012. The CDC states that the virus is associated with respiratory illness and high death rates, although mild and asymptomatic infections have been reported too. All reported cases to date have been linked to six countries in the Arabian Peninsula: Saudi Arabia, Qatar, Jordan, the United Arab Emirates (UAE), Oman, and Kuwait.

Most of the MERS-CoV – infected people had severe acute respiratory illness, with symptoms of fever, cough, and shortness of breath. About half of them died and the others were reported to have mild respiratory illness.

According to the CDC, the MERS-CoV is transmitted through droplet infection or close contact with any person who provided care for the patient, including a healthcare worker or family member or any person who stayed at the same place where the patient stayed while he or she was ill.

The CDC recommends the following health tips to help prevent respiratory illnesses:

- Wash hands often with soap and water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover the nose and mouth with a tissue when coughing or sneezing then throw the tissue in the trash.
- Avoid touching the eyes, nose and mouth with unwashed hands.
- Avoid close contact or sharing cups or eating utensils with sick people.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs.

CHIKUNGUNYA VIRUS DISEASE (CHIK)

Chikungunya is an illness caused by a virus that spreads through mosquito bites of *Aedes aegypti*, and the Asian tiger mosquito, *Ae. Albopictus*. Humans are the primary reservoir during epidemics. Outbreaks of Chikungunya virus have been reported in Africa, Southern Europe, Southeast Asia, the Indian subcontinent, and islands in the Indian and Pacific Oceans.

Fever and severe joint pain in hands and feet are the most common symptoms of chikungunya disease. Other symptoms may include headache, muscle pain, joint swelling, or rash, and they appear within 3-7 days after being bitten by an infected mosquito. It rarely results in death, but the symptoms can be severe and disabling. Most infected people feel better after a week. Although the joint pain may last for months or years in some people. Currently, there are no anti-viral medications for treating CHIK, but pain relievers can be helpful.

As of July 2014, the Pan American Health Organization has reported 442,310 suspected and confirmed cases of CHIK in 26 countries or jurisdictions in the Americas, with continuing local transmission and epidemic spread.

The CDC recommends community-based Integrated Mosquito Management (IMM) practices to prevent the endemic transmission of the CHIK virus. People can eliminate breeding sources of mosquitoes around the home. Simple precautions, such as using effective mosquito repellents and wearing proper attire, can reduce the risk of contracting this illness.

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- <http://www.cdc.gov/vhf/ebola/outbreaks/guinea/index.html>
- <http://health.mo.gov/emergencies/ert/alertsadvories/>
- <http://wwwnc.cdc.gov/travel/notices/watch/chikungunya-saint-martin>
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LAUGHTER IS STILL THE BEST MEDICINE

By: Harreth "Jim" Teves, APE-PPE Coordinator (ActiveOne Health, Inc. Head Office)

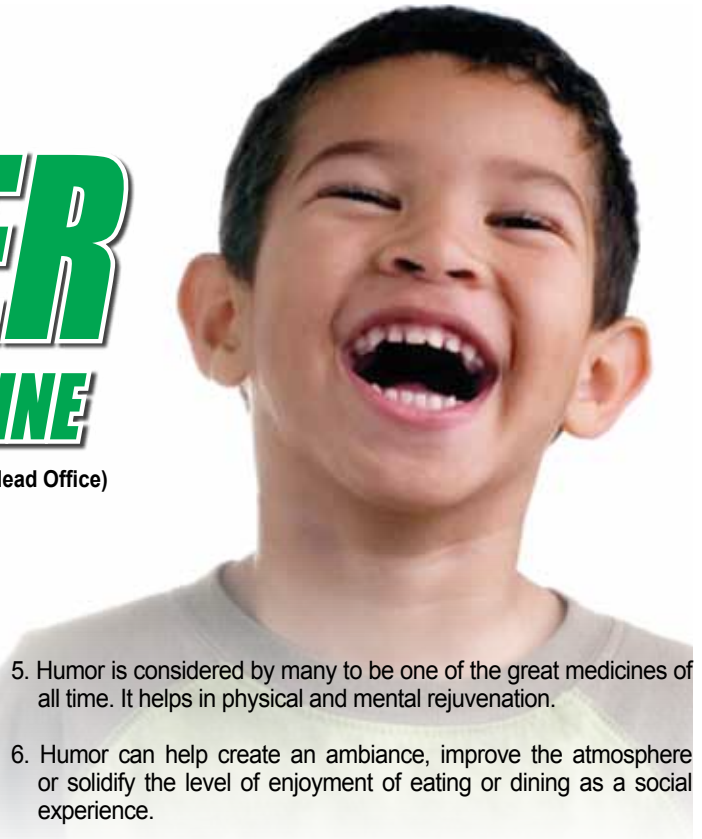
Laughing is a physical reaction in humans, consisting typically of rhythmical, often audible contractions of the diaphragm and other parts of the respiratory system in response to certain external or internal stimuli. According to Dr. Paul McGhee, "Your sense of humor is one of the most powerful tools that you have to make certain that your daily mood and emotional state support good health". It is no wonder that people who frequently laugh has a higher rate of reducing depression, stress and other certain medical conditions.

On a study conducted by an international research team led by Oxford University, they found that if we laugh properly our bodies trigger the release of what they called "endorphins". These endorphins, one of the complex neuropeptide chemicals produced in the brain, manage pain and promote feelings of well-being.

But, does comedy really affect your physical and mental health in response to what you see, hear and feel? Well, based on a series of experiments conducted by American researchers, those who watched comedy videos showed higher pain threshold compared to non-humor condition. Results showed that the presence of laughter increased pain tolerance, and subjects who laughed in response to a funny video could hold their hands in the frozen sleeve longer compared to the other subjects, who watched a video that elicited a positive emotion but not laughter. On one area, a group of 19 people with diabetes looked at the effects of laughter on blood sugar levels. After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture. There is also a study that laughter can actually boost your immune system in relation to decrease stress and others have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well. Wow, isn't that good enough, that just by exercising your facial muscles may eliminate some impending diseases?

Here are some additional aids of humor and laughter to our individual well-being:

1. Laughter relaxes the whole body - A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
2. Laughter protects the heart - Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
3. Laughter is a powerful antidote to stress, pain, and conflict.
4. Laughter dissolves distressing emotions. You can't feel anxious, angry, or sad when you're laughing.



5. Humor is considered by many to be one of the great medicines of all time. It helps in physical and mental rejuvenation.
6. Humor can help create an ambiance, improve the atmosphere or solidify the level of enjoyment of eating or dining as a social experience.
7. Laughter, mirth and a humorous perspective can have a positive impact on our health and possibly increase our longevity

Without humor, we are like zombies in a glass box, a machine that is devised to be manipulated by surrounding unknown forces. If you think being serious enough in your work will increase your concentration and productivity, then maybe yes if we're living during the time of great famine and distraught. However, we are now in the world of technology and innovation wherein brilliant ideas, creativity and confidence can be acquired through relaxed and positive atmosphere. Where else can you find this, of course in an environment that promotes humour and fun. So are you killing yourself softly? Remember that "Laughter is still the best medicine". Find reasons to laugh as often as you can, work hard, and you'll see a noticeable improvement in your daily life.

Featured WOW Comments

Lorraine Fontecilla, RN (Health Programs and Screenings Coordinator, ActiveOne Health, Inc. Head Office)

"Hi Lorraine, just wanted to send you a note of thanks for the good job that you did in the Q4 Wellness Events. Your grace under pressure and your expertise in handling this kind of event helped a lot in making the fairs successful. Keep it up!"

- From an HR, Health and Wellness Team

Jenia Serrano, RN (Site Nurse)

"Just would like to commend Jenia Serrano, our site nurse for being such a role model for nurses. I have been having asthma attacks as of late and the level of care and genuine concern she has shown is just impeccable. I also had a recent enquiry about my mom's Intellicare coverage and she really went the extra mile to get it sorted for me. Please make sure this gets to her direct manager. Values that should be celebrated."

- From the Lead Trainer of her assigned account

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- <http://www.helpguide.org/>
- <http://www.ox.ac.uk/>
- <http://www.psychologytoday.com/>
- <http://news.ncsu.edu/>
- <http://www.webmd.com/>
- <http://www.cancersupportivecare.com/>

DENGUE VACCINE Offers Hope to Millions



When *Aedes aegypti* hovers around, it can only mean trouble because it carries and transmits dengue virus. Did you know that every year, an estimated 390 million dengue infections occur, with about 96 million people worldwide having clinical symptoms of the disease? The World Health Organization states that in the past 50 years, dengue incidence has increased by 30 times, with 70% occurring in the Asia-Pacific region. Urbanization and increased travel, which facilitate the circulation of dengue have contributed to the spreading of the disease.

People infected with the dengue virus experience sudden, high fever, severe headaches, pain behind the eyes, severe joint and muscle pain. Other symptoms include nausea, vomiting, skin rash, which appears three to four days after the onset of fever, and mild bleeding (such a nose bleed, bleeding gums, or easy bruising). These symptoms usually begin four to six days after infection and last for up to 10 days.

Dengue manifest in these flu-like symptoms or can develop into serious problems like dengue hemorrhagic fever, characterized by high fever, damage to lymph and blood vessels, bleeding from the nose and gums, enlargement of the liver, and failure of the circulatory system. The symptoms may progress to massive bleeding, shock, and death, which result in dengue shock syndrome (DSS).



But here's the good news. Although there is no specific dengue therapeutics and prevention is currently limited to vector control measures, several vaccine candidates are presently being evaluated in clinical studies. And one of them, which is at the most advanced clinical development stage (phase III efficacy studies), is a live-attenuated tetravalent (aims to target the four serotypes of dengue virus) vaccine (CYD-TDV) developed by Sanofi Pasteur.

The WHO says that a safe, effective and affordable dengue vaccine would represent a major advance for the control of the disease and could be an important tool for reaching its goal of reducing dengue morbidity by at least 25% and mortality by at least 50% by 2020.

According to the WHO reports, the phase III study aimed at assessing the safety and efficacy of CYD-TDV in preventing dengue disease for one year after completion of the vaccination schedule of three doses given 6 months apart. It also evaluated the safety and immunogenicity of the dengue vaccine. And the study population consisted of 10,275 children aged 2 to 14 years in five countries in the Asia-Pacific region: Indonesia, Malaysia, the Philippines, Thailand, and Vietnam.

The results from the Phase III trial are encouraging. The vaccine was reported to have 88.5% efficacy against dengue hemorrhagic fever. And it has 67% efficacy against dengue-associated hospitalization. This represents a significant advance in the field of dengue vaccine research. And with the control and treatment of the disease, millions of people around the globe are given hope, as the dengue vaccine improves the health condition and well-being of infected children and adults.

References:

<http://www.who.int/bulletin/volumes/89/7/11-030711/en/>
<http://www.globalvaccines.org/content/dengue-fever+vaccine+program/19615>
<http://www.medicalnewstoday.com/articles/279456.php>
<http://www.webmd.com/a-to-z-guides/dengue-fever-reference>
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http://www.who.int/immunization/research/development/WHO_dengue_vaccine_QA_July2014.pdf?ua=1

HOW TO PREVENT MUSKOSKELETAL DISORDERS IN THE WORKPLACE

Do you feel like you need a full-body massage at the end of the working day? Slouching on your desk, craning your neck in the car and hunching over the kitchen sink will contribute to every ache, crack and twinge that you feel on your body. Muskoskeletal disorders sneak up on you, building over the years as you go about your daily working schedule. When you begin to start feeling the chronic pain, reporting for work literally becomes a pain.

Making a few simple adjustments to your everyday interactions can help prevent these problems before they become chronic. The earlier you attempt to prevent them, the better. Here are some tips on how you can prevent muskoskeletal disorders in the workplace.

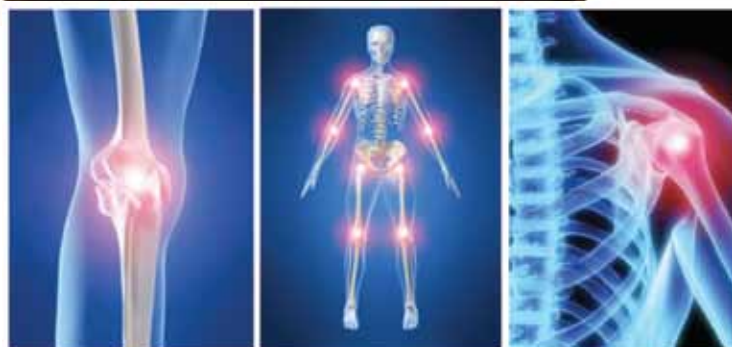
When working at your office desk: Position the computer screen directly in front of you about an arm's length away to minimize leaning forward and moving your neck from side to side. Place your keyboard and mouse on the same surface level at elbow height to prevent wrist, shoulder and arm pain. Keep your wrists straight while typing and using the mouse. Keep your feet flat on the floor. If they don't reach the ground, adjust your chair or use a footrest. Consider taking a break every 20 minutes and do a few seconds of stretching. Stare at distant objects for a minute to relax your eye muscles.

When working in a kitchen: Try to stand up straight while working on any task in the kitchen to maintain the natural S-shaped curve of your spine. The ideal counter's work height is below your elbow, because you will need to exert force when you chop ingredients or knead bread. If you're tall, use a thick cutting board to elevate your work surface. If you're short, stand on a platform. Use knives and tools with rubberized handles for better grip. Sharpen knives regularly so you won't have to exert so much effort when slicing or chopping meat.

When driving a car: The driver's seat should be properly adjusted to make sure the driver is comfortable on the road. The base should be parallel to the car floor so your knees level with hips and prevent pressure on your lower back. You can always adjust the seat tilt or sit on a cushion for extra comfort. Keep

your elbows close to your body to ensure that your shoulders are relaxed. Take regular breaks when going for a long drive. Get out of the car, stretch and walk around to improve circulation and bring oxygen to your muscles.

Follow these tips to avoid chronic pains brought about by muskoskeletal disorders. If throbbing and tingling persist, consult your company physician. It is best to get early treatment before your pains affect your job.



Food Safety Keys to Prevent Foodborne Diseases

To protect themselves and reduce the risk of foodborne diseases, consumers can follow these simple precautions from CDC:

1. **Cook meat,** poultry and eggs thoroughly. Eggs should be cooked until the yolk is firm.
2. **Separate.** Don't cross-contaminate one food with another. Avoid cross-contaminating foods by washing hands, utensils, and cutting boards after they have been in contact with raw meat or poultry and before they touch another food.

3. **Chill.** Refrigerate leftovers promptly. Bacteria can grow quickly at room temperature, so refrigerate leftover foods if they are not going to be eaten within 4 hours. Large volumes of food will cool more quickly if they are divided into several shallow containers for refrigeration.

4. **Clean. Wash produce.** Remove and discard the outermost leaves of a head of lettuce or cabbage. Use safe water and raw materials. Because bacteria can grow well on the cut surface of fruit or vegetable, be careful not to contaminate these foods while slicing them up on the cutting board, and avoid leaving cut produce at room temperature for many hours. Don't be a source of foodborne illness yourself. Wash your hands with soap and water before preparing food.

5. **Report suspected foodborne illnesses to your local health department.**

Good agricultural and manufacturing practices from farm to the table can contribute greatly to food safety. And as the WHO Director-General Margaret Chan said, "Sometimes very simple messages and measures can have a big impact on health protection. These Five Keys to Safer Food:

- Keep clean
- Separate raw and cooked
- Cook thoroughly
- Keep food at safe temperatures
- Use safe water and raw materials...have already contributed to the prevention of foodborne illness and deserve to be communicated more widely."

References:
<http://www.cdc.gov/foodsafety/facts.html#what>
www.osha.gov/SLTC/foodbornedisease
<http://www.who.int/foodsafety/consumer/5keys/en/>

Microbes can thrive anywhere and when they contaminate food and beverages, they can cause diseases. Foodborne disease or sometimes called "foodborne infection," is a common public health problem, which is costly—yet preventable. The Center for Disease Control and Prevention (CDC) says that there are more than 250 different foodborne diseases mostly caused by bacteria, viruses, and parasites, and they are sometimes caused by harmful toxins or chemicals found in food.

Symptoms of foodborne illness range from mild gastroenteritis (nausea, vomiting, abdominal cramps, diarrhea) to life-threatening neurologic, hepatic, and renal syndromes. And examples of these foodborne diseases include botulism, brucellosis, campylobacter enteritis, listeriosis, salmonellosis, shigellosis, viral gastroenteritis, and trichinosis.

Products mostly associated with these illnesses are raw foods of animal origin, such as raw meat and poultry, raw eggs, unpasteurized milk, and raw shellfish. Fresh manure used to fertilize vegetables can also contaminate them. And washing fruits

and vegetables that are consumed raw can decrease but not eliminate contamination. CDC says that the quality of the water used for washing and chilling the produce after it is harvested is critical.

