

# Foodborne and Waterborne Illness Hotline

1-877-FOOD-ILL

health.foodill@state.mn.us



*Foodborne illness is caused by eating or drinking foods contaminated with germs. You can also get sick from germs after swimming in pools or lakes or being in contact with a person who is ill. Many different germs can cause foodborne or waterborne illnesses.*

## What to do

### Get in touch right away

- Contact your health care provider if you have any concerns about your health.
- Report your illness to MDH's hotline.

**Providing information about your illness may help us identify an outbreak and prevent others from getting sick.**

# What to know

## It might not strike right away

Illnesses from food or water often start two to four days after eating food or swimming in water that have harmful germs in them; some take as long as two to three weeks.

## We look into all reports of illness

Every report is sent to the staff responsible for inspecting the restaurants, delis, grocery stores, pools, or water systems you mention. When we have evidence of a possible outbreak, we start an investigation.

## We take your privacy seriously

Any information we collect about your illness is private. We do not release your name to anyone other than public health investigators without your written permission.

# To report foodborne or waterborne illness

- **Call toll-free:** 1-877-FOOD-ILL  
(1-877-366-3455)
- **Email:** [health.foodill@state.mn.us](mailto:health.foodill@state.mn.us)
- Minnesota Department of Health  
<http://www.health.state.mn.us/foodill>



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