

# Feeling Sick? Report it Quick!



Sometimes food that you ate, water that you drank, or water from pools, lakes, or rivers can have germs that make you sick. These illnesses are sometimes called **food poisoning** and can be mild or severe, depending on the type of germ you swallowed. The most common symptoms of food poisoning are diarrhea, vomiting, stomach cramps, and fever.



**Let us know if you think food or water has recently made you sick by filling out a form that asks questions about:**

- ➔ Your symptoms
- ➔ Places you have recently visited
- ➔ Food you have eaten in the last few days

You can fill out the form for yourself or for a group of people (if more than one person got sick). All information you provide is confidential, safe, and secure. To report your illness scan the QR code above or visit, [dhs.wi.gov/foodborne/reportillness](https://dhs.wi.gov/foodborne/reportillness)



## Why should I report my illness?

Telling us about your illness and sharing information about a food or water source you think made you sick will help us keep others in your community safe. If a common source of illness is found, public health officials can take steps to prevent more people from getting sick. These steps may include:

- ✓ Sending messages to community members to inform them about specific food or water sources that may cause illness
- ✓ Issuing recalls to remove contaminated food from stores and restaurants
- ✓ Working with facilities to make sure they are preparing food and cleaning properly
- ✓ Restricting access to contaminated swimming areas

