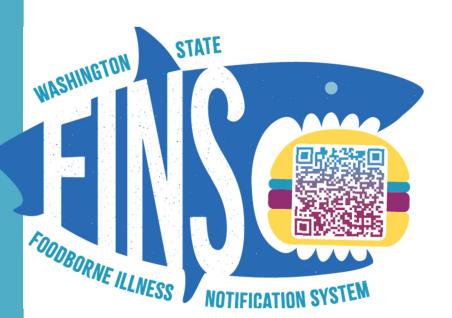**Sick from food? Tell us!**
www.doh.wa.gov/foodillness

Foodborne

Illness

Notification

System

What is FINS?

An online system for residents and visitors to tell the health department about potential illness related to food they ate or food safety concerns they observed. Available in English and Spanish.

Why report using FINS?

- One stop—reporting for all residents and visitors.
- Protect your community by notifying public health - they may investigate and identify the source of illness and prevent the spread to others.

How do I report?

- Visit **www.doh.wa.gov/foodillness** or scan the **QR Code**
- Provide as much information as possible when filling out the report.

Was it the last thing I ate?

People often associate their illness with the last food or meal they consumed. While some germs can cause illness as quickly as 30 minutes, many germs take up to three days or longer to develop symptoms.

When thinking about what might have made you sick, it is helpful to review and share the food items you ate over the last several days.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.