

FOOD POISONING

YOU CAN AVOID IT



WHAT IS FOOD POISONING ?

Food poisoning is an illness caused by eating contaminated food. The most common sources of contamination are bacteria or toxic substances produced by bacteria which is growing in the food. Some viruses and certain chemicals can also cause food poisoning.



SIGNS AND SYMPTOMS OF FOOD POISONING

Typical symptoms are a sudden onset of nausea, vomiting, diarrhoea, abdominal cramps and fever. Infants, elderly people, persons with low resistance are most susceptible. Severe infections cause high fever and require hospitalisation.

ONSET : Usually within 2 - 36 hours

DURATION : 2 - 7 days





MODE OF SPREAD

I. **FOOD VENDORS** who do not care about cleanliness :-

- They work with unclean hands, unkempt hair, long fingernails and do not wear proper attire.
- They keep their food premises dirty and not disposing of rubbish properly.
- Do not cover their food.
- Do not have proper hand washing facilities and toilets.
- Using hands to dispense food.
- They smoke, cough and spit while preparing or dispensing food.





2. **FOODS NOT ADEQUATELY COOKED**

Bacteria such as salmonella, campylobacter and listeria can live in the intestinal tracts of animals. Cooking animal products thoroughly will destroy these bacteria. It is risky to eat rare meats, or poultry, raw or lightly cooked fish and shellfish, raw milk and foods made with raw or lightly cooked eggs.



3. LEFTOVERS

Hot perishable food need to be consumed while still hot. Left over food unless correctly stored and kept properly in refrigerators can be a source of infection. It is wrong for vendors to reheat leftover food left at room temperature and tried to make mishandled food appear safe.



HOW YOU CAN AVOID FOOD POISONING?

1. Eat in restaurants that are clean and reputable.
Some restaurants have ratings which are exhibited and can be used as a guide. Avoid street vendors or hawker stalls which are unhygienic.
2. Eat cooked food.
Do not consume food that have been exposed or left for a long time.
3. Be careful about eating partially cooked seafood.
4. Drink only boiled or bottled water and packet drinks.
5. Athletes and sport personnel are advised to consume food and drinks provided in the sports villages.

