

MEDICAL BULLETIN
OCTOBER 2023

FOOD POISONING

Food poisoning is a condition that occurs when a person consumes food or drinks contaminated with harmful bacteria, viruses, parasites, or toxins. The symptoms of food poisoning can vary depending on the type of contamination and can range from mild to severe. The most common symptoms of food poisoning include nausea, vomiting, diarrhea, abdominal pain, fever, and headache.



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PREVENTION TIPS

The following are some advisory points to help prevent and manage food poisoning:

1. Practice good hygiene: Wash your hands thoroughly with soap and water before and after handling food, after using the toilet, and after contact with animals.
2. Cook food thoroughly: Cook meat, poultry, and seafood thoroughly to kill any harmful bacteria. Use a food thermometer to ensure that the internal temperature of the food reaches a safe temperature.
3. Store food properly: Store food at the appropriate temperature to prevent the growth of bacteria. Keep hot foods hot and cold foods cold.
4. Avoid cross-contamination: Keep raw meat, poultry, and seafood separate from other foods during preparation, storage, and cooking to avoid cross-contamination.
5. Be cautious with raw foods: Avoid consuming raw or undercooked meat, poultry, seafood, and eggs, as these are common sources of foodborne illness.
6. Stay hydrated: Drink plenty of fluids to prevent dehydration caused by vomiting and diarrhea.
7. Seek medical attention: If your symptoms are severe or persist for more than a few days, seek medical attention right away. This is particularly important for young children, the elderly, and those with weakened immune systems.

Remember to follow good food safety practices and take necessary precautions to prevent food poisoning. If you suspect that you have food poisoning, stay home to prevent the spread of the illness and follow the above advisory points to manage your symptoms. If you have any concerns, consult a healthcare professional for advice on appropriate treatment.

