

ADVISORY TO PREVENT FOOD POISONING

What is Food Poisoning?

It is an acute condition comprising of symptoms like abdominal pain, vomiting, diarrhoea, fever etc. due to consumption of food or drink contaminated with living bacteria or their toxins or inorganic chemical substances including poison delivered from plants like wild mushrooms and sea foods. These conditions may affect vital organs like liver, heart and kidneys which may ultimately lead to organ failure and death.

Causes of food poisoning

There are two categories of food poisoning

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| <ul style="list-style-type: none"> ➔ Bacterial food poisoning due to living bacteria or their toxins or both bacterial multiplication and toxin formation | <ul style="list-style-type: none"> ➔ Non-bacterial type, due to harmful chemicals like pesticides, fertilizers, arsenic, mercury and toxin containing plants like mushrooms and sea foods |
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How to prevent food poisoning

It can be prevented by practising the 5 Keys to Food Safety

- ➔ Choose safe raw or cooked materials- like vegetables, fish, meat
- ➔ Keep your hands and utensils clean
- ➔ Always keep cooked and raw food separately
- ➔ Cook food thoroughly
- ➔ Keep food at safe temperature



Do's	Don'ts
<ul style="list-style-type: none"> ✔ Use clean water for drinking and washing ✔ Keep your hands and utensils clean by washing properly ✔ Rinse properly and repeatedly the materials to be used for 'Prasad', 'Khichri', 'Bhog' etc. on religious occasion/ community cooking ✔ Frozen/preserved food must be well covered and kept in the right temperature 	<ul style="list-style-type: none"> ✘ Do not choose food materials of inferior quality ✘ Do not eat half cooked or stale food ✘ Do not keep/ preserve cooked food which may have been in contact with uncooked food ✘ Do not use soaps, special detergents to remove dirt, contaminants from the surfaces of vegetables

If any symptoms like stomach ache, vomiting, loose motion, headache, fever etc. show up, immediately visit the nearest Health Facility.

Call 104

for any health related queries

Call 108

for Ambulance Services