



# Food Poisoning

## Causes of food poisoning

Food poisoning is normally caused by poor handling, preparation or storage of food. Sources of contamination include unclean hands, polluted water, flies, pests, inadequately cleaned utensils, unsanitary environment and cross-contamination during food preparation (contact between raw and cooked foods). The most common bacteria causing food poisoning are *Salmonella* and *Campylobacter* spp.

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In severe cases you may have to following symptoms:

- Bloody stools
- Dehydration
- Fever with chills
- Muscle aches and weakness.

If you are suffering any of these symptoms please contact your doctor.



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## How to prevent food poisoning

- Wash hands, utensils and food surfaces.
- Avoid cross-contamination. Keep raw foods separate from ready-to-eat foods.
- Do not let food stand at room temperature – put it into the fridge straight away.
- Avoid contaminating surfaces and foods with the juices of uncooked meats.
- Do not defrost frozen foods at room temperature.
- Throw away bulging or leaking cans or any food that smells spoiled.
- Clean food preparation surfaces regularly.

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## Symptoms of food poisoning

The symptoms can develop quickly, within 30 min or slowly, worsening over days to weeks.

### Most Common Symptoms:

- Nausea
- Vomiting
- Diarrhoea
- Cramps
- Fever.



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## Treatment of food poisoning

Food poisoning usually requires only fluid replacement and supportive care. Rehydration is indicated if you have mild-to-moderate dehydration and drip may be needed for severe dehydration. Please ask your renal nurse to help guide you as to how much fluid you need so that you do not become fluid overloaded.

Routine use of anti-diarrhoeal agents is not recommended. Your doctor will decide if Antibiotics are required. In very serious cases of food poisoning, medications can be given to stop the cramping and vomiting.

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Source: News24.com

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