FOOD POISONING

Food poisoning is caused by eating or drinking food contaminated with microorganisms or germs, or by toxins produced by these germs. Most food contamination occurs during final preparation, transportation and storage of food.

Symptoms of food poisoning typically appears between 2 to 72 hours and may last from few hours to few days after the infected products have been ingested. Almost all forms of food poisoning produce symptoms such as Nausea, Vomiting, Abdominal Cramps and Diarrhea. Good hygienic practices before, during and after food preparation can reduce the chances of contracting food poisoning.

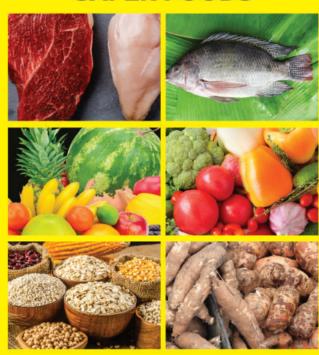
It's especially important that anyone whose work involves handling or preparing food stays away from work whilst exhibiting such symptoms to avoid infecting others.

If someone suspects that food bought from or eaten in a specific shop or restaurant is responsible, they should inform their Local Environmental Health Department or FDA so food hygiene standards can be investigated.

Preventing food-borne illness is one of the Food and Drugs Authority's (FDA) top priorities. FDA recognizes that food safety



A GUIDE TO SAFER FOODS



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A GUIDE TO SAFER **FOODS**

How to avoid illness caused by unsafe food and what you need to know about food poisoning





KEEP CLEAN

- · Frequently wash your hands with soap and under running water.
- · Wash plates and utensils after every use to avoid pest infestation.
- Clean and disinfect food contact surfaces before and after use.
- Keep refrigerators clean and disinfected periodically

SEPARATE RAW & COOKED FOOD

· Raw foods including fresh

rice, pastry etc.

ready-to-eat foods.

vegetables, fish, eggs, meat and

Equipment used to prepare raw

and disinfected before used on

· Where possible, use separate

and ready-to-eat foods

foods should be properly cleaned

chopping boards and knives for raw

poultry should not come into contact

with ready-to-eat foods e.a. cooked



COOK & REHEAT FOOD WELL

- · All foods should be cooked very well especially meat, fish and chicken.
- The flesh and juice of meat, fish and chicken should be clear and not reddish or pink.
- Reheat left over foods very well and bring soups and stews to boil before eating.





KEEP FOOD AT

- · Food should not be kept too long in the refrigerator and if it happens such foods should not be eaten.
- Food to be eaten hot should be
- such as salads should be kept at cold holding temperature e.g. on ice.





USE WHOLESOME RAW MATERIALS & BUY FROM CLEAN AREAS

- Avoid buying food produce that are sold under unhygienic conditions.
- · Wash fruits and vegetables with safe water before eating.
- · Avoid buying dented bulged, rusty, leaking or expired canned foods
- · Buy ingredients from trusted suppliers.



SAFE TEMPERATURES

- Food meant to be refrigerated should not be left at room temperature for more than three hours.
- held at hot holding temperature.
- Food to be eaten cold or chilled



STEPS FOR EFFECTIVE HAND WASHING

Wet hands thoroughly



Back of hands



Rotationally rub wrists

Use approved soap



Base of thumbs



Rinse hands with water

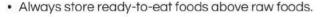


Rub palms together





Dry hands with paper towel



 All cooked foods should be stored in sealed containers or wrapped to avoid/prevent contact between raw and prepared foods