

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 takes the cooperation of government, scientists, educators, the food industry, and consumers to make sure our foods are safe.



A GUIDE TO SAFER FOODS



Published by:

Food & Drugs Authority (FDA)

For further information contact:

FOOD SAFETY MANAGEMENT DEPARTMENT



Tel: (+233-302) 233200 or 235 100
(+233-302) 0299802932/3 (Hotline)
0800151000 (Toll Free)
fda@fdaghana.gov.gh
www.fdaghana.gov.gh



@fda_gh



food & drugs authority-gh



Your Well-being, Our Priority

A GUIDE TO SAFER FOODS

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



1

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



2

SEPARATE RAW & COOKED FOOD

- Raw foods including fresh vegetables, fish, eggs, meat and poultry should not come into contact with ready-to-eat foods e.g. cooked rice, pastry etc.
- Equipment used to prepare raw foods should be properly cleaned and disinfected before used on ready-to-eat foods.
- Where possible, use separate chopping boards and knives for raw and ready-to-eat foods
- Always store ready-to-eat foods above raw foods.
- All cooked foods should be stored in sealed containers or wrapped to avoid/prevent contact between raw and prepared foods



3

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.



4

KEEP FOOD AT SAFE TEMPERATURES

- Food meant to be refrigerated should not be left at room temperature for more than three hours.
- 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 held at hot holding temperature.
- Food to be eaten cold or chilled such as salads should be kept at cold holding temperature e.g. on ice.



5

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.



STEPS FOR EFFECTIVE HAND WASHING



Wet hands thoroughly with water



Use approved soap



Rub palms together



Back of hands



Base of thumbs



Fingernails



Rotationally rub wrists



Rinse hands with water



Dry hands with paper towel