

Preventing foodborne illnesses/diseases

The key element to preventing food poisoning is Good Hygienic Practices during preparation, storage and handling of food;

1. **Keep clean;** ensure food is free from dirt and contaminants that can be found on hands, food contact surfaces, utensils and tools used in preparation, as well as storage areas like fridges and storerooms. Frequently wash hands, clean, and sanitize all food contact surfaces.
2. **Separate raw and cooked foods;** Raw foods like fresh vegetables, fish, poultry products like eggs and chicken have a high microbial load and therefore should not encounter ready-to-eat foods like bread, cooked rice, etc. Further, equipment (example, knife, cutting board, blender, etc.) used to prepare raw foods should not be reused for already cooked foods or foods that are eaten raw.
3. **Cook and reheat foods well;** All foods should be cooked thoroughly (especially meat, fish and chicken till the flesh and juice is clear and not reddish or pink). Left-overs should be reheated very well, and stews/soups should be brought to boil before eating.
4. **Keep foods at safe temperatures;** It is crucial to keep foods at safe temperatures because harmful bacteria multiply rapidly in the "danger" zone between 6°C and 60°C. Cooked foods should be kept hot and cold foods kept refrigerated or on ice, while Perishable foods should be stored below 5°C to slow down bacteria growth.

5. **Use wholesome raw materials and buy from clean areas;** Avoid buying food produce and ready-to-eat food from unhygienic conditions that directly affect the wholesomeness of the food. These conditions include buying foods sold near choked and uncovered gutters, overflowing dumpsters and public toilets.

Food safety is everyone's business! Safer food gives better life! You are what you eat!

The FDA prioritizes the prevention of Food-borne illnesses and recognizes that food safety takes the cooperation of government, scientists, educators, the food industry, and consumers to make sure our foods are safe.

Visit our website
www.fdaghana.gov.gh

Call us
+233 55 111 2223/5

Locate us at
Head Office,
No. 17 Indian Ocean Street, Nelson
Mandela Avenue, Shashie-Accra,
GA-237-7316

FDA Heights,
Meridian Road, Tema

Follow us
  fdaghana  fdaghana_



The development and production of this brochure was made possible through the support provided by Feed the Future through the U.S. Agency for International Development, under the terms of Contract No. 72064121C0002. The opinions expressed herein are those of the Food and Drugs Authority and do not necessarily reflect the views of the U.S. Agency for International Development.

FOOD POISONING: KNOW, PREVENT, REPORT!

All you need to know about food poisoning and reporting incidences/outbreaks.



FOOD AND DRUGS AUTHORITY
Your Well-being, Our Priority.

Ever wondered why that last meal left you feeling sick? You might have encountered an unwelcome guest in your food! But fear not, this flyer aims to educate you on some fascinating facts and tips to keep you safe.



- Food poisoning is an illness caused by eating foods contaminated by germs or toxins.
- Germs (bacteria, parasites, or viruses) and toxins can get into food during processing, cooking, or serving.
- We can't see them, so the food may still look appealing even when contaminated.



- Depending on the source of contamination, food poisoning symptoms vary. Vomiting and diarrhea are the most common signs of a foodborne infection. Fever, headache, nausea, cramps in the stomach, exhaustion, and muscular pains are possible additional symptoms.



Bloody Diarrhea



Fever higher than 102 F



Dehydration



Vomiting so often you can't keep liquid down



Diarrhea for more than 3 days



Dirty environment around food



chemicals around food



animals and pests



cross contamination



poor cooking



Food not kept at right temperature



poor personal hygiene

CAUSES OF FOOD POISONING



If one person is sick its called **"an incident"**



If 2 or more people have the same illness after eating the same food, its called **"an outbreak"**

Food poisoning can kill, take symptoms seriously.

Managing foodborne incidences and reporting outbreaks.

1. Symptoms of food poisoning typically appear between 2 hours and 3 days and may last from a few hours to a few days after eating contaminated food.
2. If you show any symptom of foodborne illness, seek medical attention!
3. If you suspect that food eaten is the cause of your illness, report what you eat and where you got it from.
4. Corporate with the Food and Drugs Authority (FDA) and local Environmental health Department during investigations into the cause of the incident.
5. Do not throw the food away. Keep in freezer for lab analysis.
6. Subsequently handle food properly to prevent food poisoning and advise others on it.