

Prevention of food borne illness

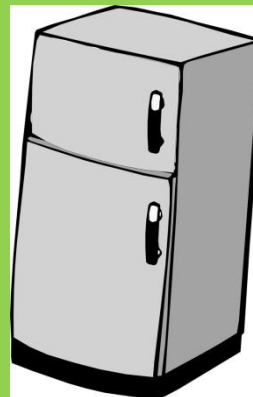
Food Safety Management Systems

4 C's

Cleaning
Cooking
Chilling
Cross contamination

How can food become contaminated?

not cooking food thoroughly
not correctly storing food that needs to be chilled at below 5C
leaving cooked food for too long at warm temperatures
not sufficiently reheating previously cooked food
someone who is ill or who has dirty hands touching the food
eating food that has passed its "use by" date
the spread of bacteria between contaminated foods (cross-contamination)
Foods particularly susceptible if not handled, stored or cooked properly
raw meat and poultry
raw shellfish
unpasteurised milk
"ready-to-eat" foods, such as cooked sliced meats, pâté, soft cheeses and pre-packed sandwiches



Exclusion for staff with D&V

48hrs after symptoms have settled.
Food handlers – may need a sample taken.

Treatment

Most people with food poisoning symptoms settle with a few days.

- Keep hydrated – drink plenty of water. Oral rehydration solutions can be used especially for vulnerable patients.
- Eat when you feel up to it, but try small, light meals at first and stick to bland foods – such as toast, crackers, bananas and rice – until you begin to feel better

For vulnerable patients contact the GP, who may send off a stool sample for analysis and prescribe antibiotics or they may refer the patient to hospital if condition worsens.

Remember- Prevention is better than cure

Good hand hygiene
Good food handling
Correct storage of food
Stop cross contamination.
Everyone aware of food safety