



Food safety advice

Food Poisoning – fact or fiction ?

I think I've got food poisoning....

- **It must be the last thing I ate!**
- **It's probably not food poisoning because all the food I've eaten recently looked and tasted fine.**
- **I work with food – I'd better tell my employer.**
- **There's no point going to the doctor.**
- **I'd better keep away from my family – I don't want them to catch it.**
- **I must make sure that I drink plenty of fluids.**

Fiction – some food poisoning can take longer to make you ill. 3+ days

Fiction – food poisoning bacteria cannot be seen with the naked eye and food normally looks and tastes normal.

Fact – food handlers are obliged by law to tell their employer who will send the home if necessary or take them off food handling duties.

Fiction – your doctor could give you something to help with the symptoms. Your Doctor will notify Public Health England who will want to try and find out where you got the illness from.

Fiction – food poisoning germs do not travel through the air and you cannot catch food poisoning by being in the same room as the infected person. Although good personal hygiene is important to prevent the spread of infection.

Fact – dehydration can be a big problem when suffering from sickness and diarrhoea.

Food poisoning is an illness brought on by eating infected/contaminated food. The symptoms can include nausea, vomiting, diarrhoea, stomach cramps and fever.



Food safety advice

Who is at risk?

It is possible for anyone to become unwell, but young children, the elderly, pregnant women and those who are already unwell (immune-suppressed) can be very badly affected by food poisoning.

What should I do if I get food poisoning?

If you are suffering from mild symptoms of sickness and diarrhoea and you think it could be related to something that you have eaten, then you can report it to the Food and Safety Team, details relating to the food eaten, illness, any premises involved will be required.



Babies, young children, the elderly, pregnant women and those who are already unwell can be badly affected by food poisoning and should seek the advice of a GP. Your doctor should also be consulted if the symptoms are severe and last for more than 48 hours or if there is any blood in the diarrhoea or the diarrhoea is red in colour.

Your Doctor may ask you to provide a stool specimen. This will be used to see whether or not you have been suffering from food poisoning. Your Doctor may report the illness and an Officer may contact you to try and work out where the illness may have come from. The Officer will be able to take action at any food business if needed.

What about work?

If you work with the elderly, children, people who are unwell or you work with food you must report your symptoms to your employer. You should not return to work until you have been free of symptoms for at least 48 hours.



Food safety advice

Prevention – is better than cure

Food storage

- After shopping, get food home as quickly as possible and put it away promptly.
- Store raw meat at the bottom of the refrigerator and ready to eat foods above.
- Keep the fridge clean and operating between 0 and 5°C

Cooking

- Eat food as soon as it has been cooked.
- Always make sure the centre of the food is piping hot, especially when you are reheating.
- If you're cooling food down to eat later, try to cool it quickly (in less than 2 hours) and put it in the fridge as soon as possible.

Personal hygiene

- Always wash hands after handling raw food, visiting the toilet, touching pets, handling rubbish, cleaning or smoking.
- Cover open wounds and cuts with a waterproof plaster when handling food.
- Avoid smoking when preparing food and don't dip your fingers in to taste!

Cross contamination

Germs can be transferred onto food from other 'dirty' areas – this is known as cross contamination.

- Use separate utensils for raw food and cooked food or wash them thoroughly between uses.
- Dishcloths should be washed and disinfected daily, alternatively, disposable cloths should be used and then thrown away.
- Wipe work surfaces and chopping boards with a food safe disinfectant, such as 'Dettox' or any other antibacterial surface cleaner.
- Always use different cleaning cloths in the toilet, kitchen and bathroom.



Pets

- Try and keep pets out of the kitchen and definitely don't allow them onto the worktops.
- Use separate utensils for pet food and family meals.
- Always wash your hands after touching and cleaning up after your pet.