



**Australian Food Safety Week: 'Food Poisoning – take it seriously!'**

The theme for Australian Food Safety Week, from 10 to 17 November 2018, will be **'Food Poisoning – take it seriously!'**

The Australian Food Safety Information Council reminds us that food poisoning is a serious issue.

During the 2018 Australian Food Safety Week we particularly want to help those who are at greater risk if they do get food poisoning such the elderly and people with poor immune systems.

**FOOD POISONING**

**SYMPTOMS**

- CRAMPS
- DIARRHEA
- DIZZINESS
- NAUSEA
- FEVER

**RISK FACTORS**

- FAS FOOD
- BAD FOOD
- BACTERIA
- ALCOHOL

**PREVENTION**

- WASHING HANDS
- WASHING FRUITS AND VEGETABLES
- DISCARD SPOILED FOOD
- TEMPERATURE TREATMENT

**ACTION**

- SUSPENSION
- HOSPITAL
- CAPSULE
- SLEEP

**Causes of Food Poisoning**

Food poisoning is caused by bacteria, viruses or toxins in the food we eat. Some of these toxins are found naturally in foods, while some have accumulated in the environment.

Stale food, Spoiled products, rotten eggs and unwashed fruits or vegetables can cause food poisoning.

You may be sick with food poisoning but not know what food caused it or even that you have it.

**FOOD POISONING**

- Stale food
- Spoiled products
- Rotten eggs
- Unwashed fruits

70% of Australians surveyed in 2017 didn't know that 75°C is the safe cooking temperature for high-risk foods such as hamburgers, sausages and poultry. 75% of Australians surveyed also reported that there wasn't a meat thermometer in their household.



### Different bacteria and viruses can have different effects:

- Salmonella: gastro and flu-like symptoms can appear between 8 and 72 hours (usually 12–36 hours) after eating the infected food and last for two to five days.
- Campylobacter: gastro symptoms appear in two to five days, and last for two to ten days.
- Listeria: gastro or flu-like symptoms usually appear within three weeks, but can take up to 70 days.
- Norovirus or rotavirus: severe gastro or flu-like symptoms usually begin 24 to 48 hours after exposure and last one or two days (norovirus) or up to six days (rotavirus).
- E. coli: gastro symptoms usually appear in three to four days and last about a week.



### Symptoms of Food Poisoning

If you have food poisoning you'll probably have gastroenteritis symptoms such as abdominal cramps, diarrhoea or vomiting, or flu-like symptoms.

Food poisoning can also cause serious long-term problems like kidney failure. Occasionally people die from food poisoning.





## Food poisoning treatment

Most people don't need medical help for food poisoning, as their symptoms are not severe and don't last long.

However, people in high-risk groups (such as babies and elderly people) should see a doctor early on, to make sure they don't get dehydrated.

### You should also seek medical advice if:

- you still have symptoms after 3 days, or your symptoms are very severe
- you still can't keep any fluids down, more than 24 hours after getting sick
- there is blood or mucus in your vomit or diarrhoea .

For a mild case of food poisoning, you may try sucking ice chips, replenishing fluids and electrolytes (this may be helped by obtaining oral rehydration solutions available in pharmacies) and easing back into your normal diet and routine when you feel ready. Antibiotics may help with some bacterial types of food poisoning, but are usually not needed.

If a child has food poisoning, see your doctor or call healthdirect on 1800 022 222.

### Resources & further information:

<http://foodsafety.asn.au/australian-food-safety-week-2018/>

<https://www.healthdirect.gov.au/food-poisoning>

**Please scroll on for a printable Food Safety Awareness Week Poster.**



### Food Safety Supervisor Training

Email or Call OSCAR Hospitality to book your training today!

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[www.oscarhospitality.com.au](http://www.oscarhospitality.com.au)



**NOV** Australian  
**10-17** Food Safety  
**2018** Week

*Food poisoning - take it seriously*



**FOOD POISONING  
IN OLDER ADULTS  
CAN LEAD TO  
SERIOUS  
CONSEQUENCES**

For more information visit:  
[www.foodsafety.asn.au](http://www.foodsafety.asn.au)



FOOD SAFETY INFORMATION COUNCIL



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