



All you need to know about Food Poisoning

Food poisoning is a very common illness. For most people, it is usually mild, but it can be severe and even life-threatening in some cases with severe infection and dehydration. Most cases of food poisoning occur when people eat food or drink water containing bacteria, bacterial toxins, parasites, or viruses. Senior citizens, pregnant women, young children and babies, and people with chronic medical conditions are at greater risk of food poisoning.

Factors causing Food Poisoning



Symptoms

- Nausea
- Vomiting
- Abdominal Cramps
- Diarrhoea
- Flushing & Skin Rash on the Face
- Stomach Pain
- Shrunken Eye Pupils
- Salivation & Frothing at the Mouth
- Sweating
- Vertigo
- Confusion
- Coma
- Seizures

Treatment



Prevention

- Wash Hands Thoroughly With Soap & Warm Water
- Keep Different Foods Separately
- Always Re-heat Food Properly
- Thoroughly Cook Meat & Poultry
- Refrigerate Leftovers
- Thaw Food in the Refrigerator
- Discard Prepared Foods After 2 Days

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