



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

WHAT IS *FOOD SAFETY*?

Food safety is the way we handle, prepare, and store food to prevent foodborne illness.

WHY IS FOOD SAFETY IMPORTANT?

According to estimates from the Centers for Disease Control and Prevention about 48 million people get foodborne illness each year, 128,000 people are hospitalized each year and 3 000 deaths occur each year. Contaminated foods carry microbes into the body; some of these microbes can overcome the body's defenses and cause infections such as Salmonella and E. Coli.

WHAT ARE SOME OF THE SYMPTOMS OF A FOODBORNE ILLNESS?

Nausea | Vomiting | Abdominal cramps | Diarrhea.

WHO IS AT RISK OF CONTRACTING A FOODBORNE ILLNESS?

Everyone has the potential to contract foodborne illness.

HOW DO I PREVENT FOODBORNE ILLNESSES?

- **Wash** – HANDS BEFORE, DURING AND AFTER PREPARING FOOD
- **Separate** – RAW MEATS FROM READY TO EAT FOODS
- **Cook** – AT THE RIGHT TEMPERATURE
- **Refrigerate** – PROMPTLY AFTER COOKING

If you think you and/or a family member have contracted a foodborne illness, contact your health care provider.