

FOOD POISONING

Food poisoning is a condition that occurs after eating food contaminated with bacteria or contain toxins, spoiled food, etc.



! Symptoms

- Gastrointestinal symptoms such as vomiting, abdominal pain and diarrhea appear after eating. If typical, two or more people will have the same illness after eating the suspected food.
- Severe and complicated cases such as repeated vomiting, repeated diarrhea, severe abdominal pain continuously, high fever 39°C; sensory disturbances, numbness, weakness, convulsions, lethargy, unconsciousness, etc. need to be taken to the nearest medical facility for immediate emergency.

🛡️ Prevention



Choose fresh, clean with clear origin food.



Practice “Eat cooked, drink boiled”.



Do not mix raw food with cooked food.



Cooked food must be stored properly and hygienically.



Reheat all foods thoroughly before eating them again.



Do not eat expired or spoiled food.



Wash your hands before preparing food, keep hygiene during the process.