



NATIONAL INSTITUTE FOR
COMMUNICABLE DISEASES

Division of the National Health Laboratory Service

FOOD SAFETY — FOR — LARGE EVENTS & CELEBRATIONS





WHAT CAUSES FOODBORNE DISEASES?

Foodborne disease is caused by eating food that has been contaminated with germs or chemicals. Fruit and vegetables, meat, eggs, dairy, poultry products and seafood are all examples of foods that can be contaminated with germs (bacteria, viruses and parasites).



HOW IS SALMONELLA TRANSMITTED?

Eating contaminated food
Slaughtering an infected animal
Contact with an infected animal

SYMPTOMS OF SALMONELLOSIS

The symptoms associated with *Salmonella* commence 6 - 48 hours after infection. The symptoms include:



Diarrhoea



Abdominal
cramps



Fever



HOW ARE FOODBORNE DISEASES TREATED?

- Drink lots of clean, safe water.
- Drink Oral Rehydration Solution (ORS) after each loose stool. ORS is a special combination of salt and sugar mixed with water that can help replace the fluid lost due to diarrhoea and prevent severe disease. ORS can be bought at your local pharmacy, or can be made at home: Mix 6 teaspoons of sugar and ½ a teaspoon of salt into 1 litre (5 cups) of clean, safe water.
- Visit your local clinic or hospital to get treatment; this is especially important for babies, young children and the elderly who are at higher risk for dehydration and severe disease.

TO SAFER FOOD

You Can Prevent Foodborne Disease (Including *Salmonella* Infection) By Following These Five Keys To Safer Food:

KEYS



Wash hands with soap and water before, during and after handling food and before eating



Separate raw and cooked food



Cook food thoroughly (especially meat, poultry, eggs and seafood)



Keep food at safe temperatures; don't leave cooked food at room temperature for more than 2 hours



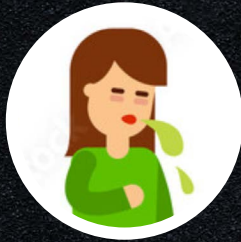
Use safe water and raw materials (ingredients)

SYMPTOMS OF FOODBORNE

Depending on the type of foodborne disease,
the symptoms can include:



Diarrhoea



Vomiting



Nausea



Abdominal
cramps



Fever

FACTS ON SALMONELLA

What is *Salmonella*?

Salmonella is a bacterias that often cause foodborne disease. *Salmonella* bacteria usually live in the intestines (gut) of animals and are often found on animal hides, in animal poop, in animal gut contents, and in animal carcasses. Infected animals are usually not sick and look healthy.

MORE THAN

40%

**of *Salmonella*
outbreaks occur
at weddings,
parties, and
traditional
ceremonies.**

Salmonella in the South African context

In South Africa, *Salmonella* causes many outbreaks of foodborne disease. More than 40% of reported *Salmonella* outbreaks occurs at gatherings such as weddings, parties, and traditional ceremonies. Such outbreaks are often caused by contaminated meat (beef, goat meat, and chicken).

Any person who handles raw animal products that are contaminated with *Salmonella* can pass these bacteria on to surfaces or cooking utensils or other foods they touch, if they don't wash their hands with soap and water after handling the raw animal products. This is important during or after animal slaughter. If meat is not stored properly (in the fridge), *Salmonella* and other bacteria can grow and cause illness when the meat is eaten.