



# Food safety advice

## Food Poisoning

Food poisoning is an illness brought on by eating infected/contaminated food. The symptoms can include nausea, vomiting, diarrhoea, stomach cramps, fever etc.

If you are suffering from mild symptoms of sickness and diarrhoea and you think it could be related to something that you have eaten, you can report it to the Food and Safety Team. Details relating to the illness, the food eaten and any premises involved will be required.

Babies, young children, the elderly, pregnant women and those who are already unwell can be badly affected by food poisoning and should seek the advice of a GP. Your doctor should also be consulted if the symptoms are severe and last for more than 48 hours or if there is any blood in the diarrhoea or the diarrhoea is red in colour.



If you work with the elderly, children under the age of 5, people who are unwell or if you work with food you must report your symptoms to your employer. You should not return to work until you have been free of symptoms for 48 hours.

At home it is important to keep the toilet and bathroom fittings cleaned and disinfected, especially anywhere your hands touch. Make sure that you wash your hands thoroughly with soap and dry them on a clean towel each time that you use the toilet.