

Food Poisoning



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About the Series

A disaster is an event caused by the sudden disruption of normalcy within society resulting into widespread damage to life and property. Sometimes we also face accidents that are so serious that they have a long term effect on life and property. To avoid such accidents we need to be cautious in our day-to-day activities.

In this series, an attempt has been made to raise awareness in order to handle these disastrous situations effectively so as to minimise losses.

This series comprises of ten booklets covering different areas such as earthquake, landslide, tsunami, flood, drought, fire and stampede, chemical hazards, epidemics like swine flu, malaria and dengue, food poisoning and cholera. You will notice that the topics selected here do not include all the issues related to disaster. These are only illustrative cases. This is because the idea is to impart necessary information to develop skills to enable people to prevent disasters or to reduce their impact by efficient handling of such situations.

Simple and communicative language has been used in the entire series so that children in the age group of 10–16 years can understand it effectively. We hope that the readers will benefit from this material and have confidence to handle such kind of situations proving to be smart and responsible citizens.

It is suggested that the teachers and facilitators use this series as an example to develop related material for school projects. The teachers could also share these projects and hold awareness programmes for the community with an aim to initiate continuous participation when such situations arise.

The Council also welcomes the suggestions from the users of this material.

Food Poisoning



Dadi



Dada



Mohit

Resource Material on Management of Disasters

Grand Ma is standing at the main door and waiting for Mohit. Grand Papa is sitting on the swing and turning pages of the newspaper.

Listen! Mohit has not come back from school. Generally he comes about 2:30pm but it's already 3 o' clock today.

I think you should go out to check.



He might be coming in a short while.

Let me finish this article. It is about to finish.

Oh no! Your news paper is more important. I am going to...

Dada and Dadi were busy talking, when Mohit returned home.

Dadi, where are you going?

Thank God, you have come!!! Why are you late today?

Dadi, Do you know my friend Rohit?

Yes! Son of Mr. Prakash?

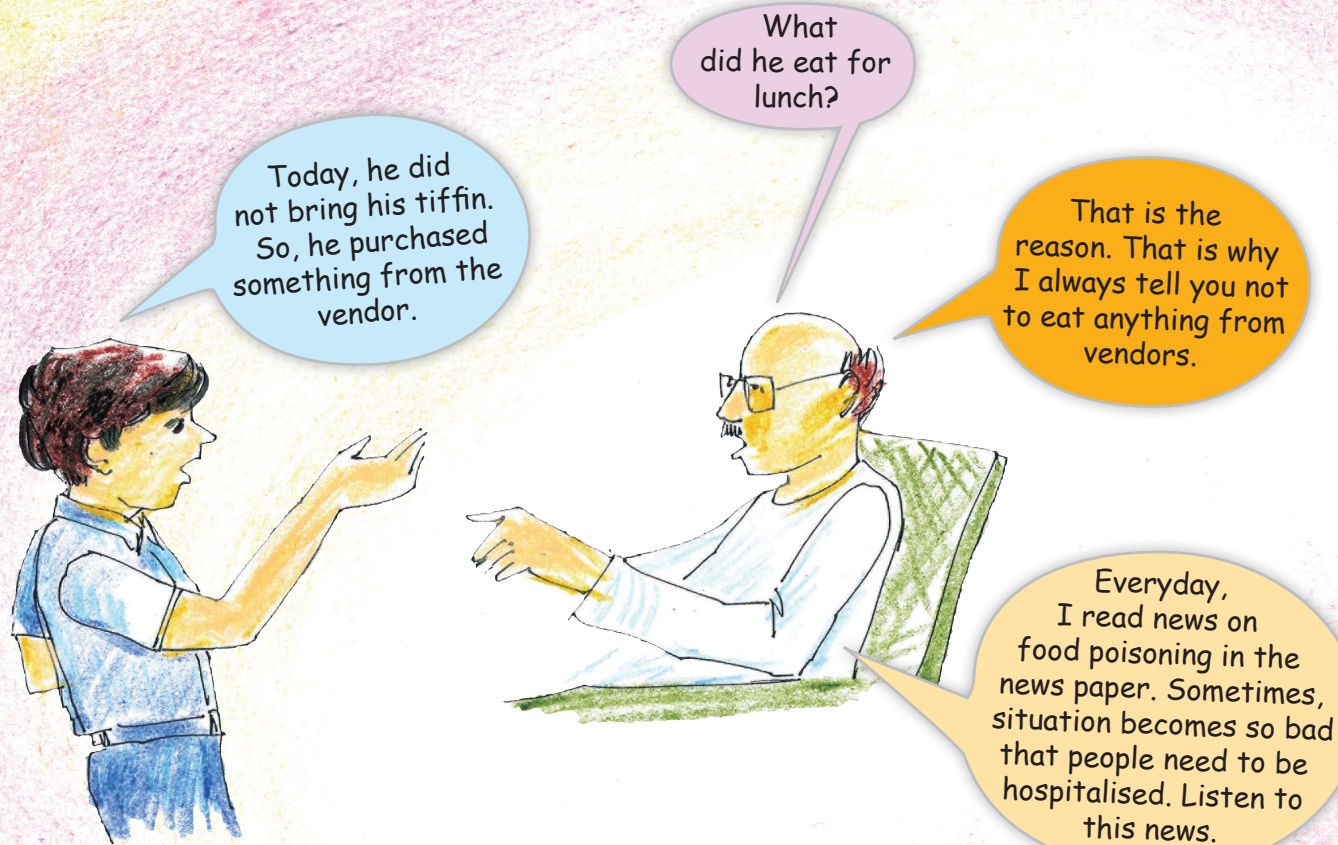


Hmm! I had to drop him to his home.

Why? What happened to him?

Mohit started narrating story ...
After lunch he was feeling nausea and stomach ache. Till *chutti* time, he started vomiting.
I informed our class teacher. She gave *nimboo pani* to him. But after vomiting 3-4 times,
he was feeling very weak. And so, my teacher told me to drop him home.





6 Students Hospitalised due to 'Food Poisoning'

By Express News Service - Thiruvananthapuram

Published: 10th May 2014 09:35 AM

Last Updated: 10th May 2014 09:41 AM

Six students of the Institute of Hotel Management and Catering Technology in Kovalam were hospitalised in a suspected case of food poisoning.

Kovalam police said that the students had consumed food from the Institute of Hotel Management and Catering Technology canteen and a first-year student identified as Aravind was admitted to a private hospital in Kovalam on Thursday evening. Five other students who developed uneasiness were hospitalised on Friday evening, around 6 pm.

Source: <http://www.newindianexpress.com/>



Girl dies of food poisoning

Times of India-May 19, 2014

TNN | May 20, 2014, 08.21 AM IST

VADODARA: A four-year-old girl from Ektanagar area on Ajwa Road in the city died after severe diarrhoea and vomiting. Vadodara Municipal Corporation (VMC) health teams reached the area on Monday in wake of the incident.

Vaishali Solanki died at a private clinic in the city on Sunday night. VMC health officials said prima facie it seemed that the girl had consumed an ice candy leading to severe food poisoning.

However, the area had witnessed a small outbreak of gastroenteritis after contaminated water was supplied there about a week back.

VMC health teams surveyed 688 houses in the area in wake of the incident and found six cases of diarrhoea and vomiting.



Resource Material on Management of Disasters

Oh! this is so sad.

What is food poisoning Dadaji?

Food poisoning is a condition caused by the ingestion of contaminated food.



When food gets spoilt, it is called contaminated food.

Contaminated food!!!! What is that?

Why does food spoil?

What reasons?

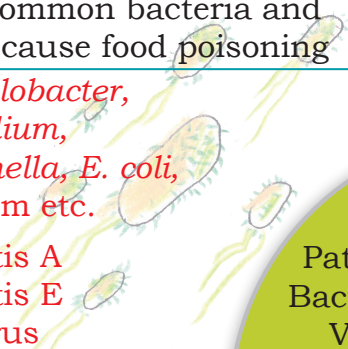
There are various reasons for this.

Food is contaminated by pathogenic bacteria, viruses, parasites, natural toxins or toxic chemicals.



Some common bacteria and viruses cause food poisoning

- *Campylobacter*, *clostridium*, *Salmonella*, *E. coli*, Botulism etc.
- Hepatitis A
- Hepatitis E
- Rotavirus



Pathogenic
Bacteria and
Viruses

Parasites

- *Platyhelminthes* eg Tapeworm etc.
- *Nematod* eg Ringworm, *Ascaris*
- *Protozoa* eg *Entamoeba histolytica*



Food poisoning is caused by the ingestion of food contaminated by ...

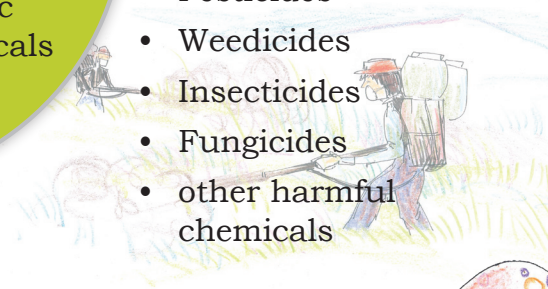
- Alkaloids
- Mushroom toxins
- Red kidney bean poisoning (destroyed by boiling)
- Shellfish toxin
- Tetrodotoxin (fugu fish poisoning)



Natural
toxins

Synthetic
toxic
chemicals

- Pesticides
- Weedicides
- Insecticides
- Fungicides
- other harmful chemicals



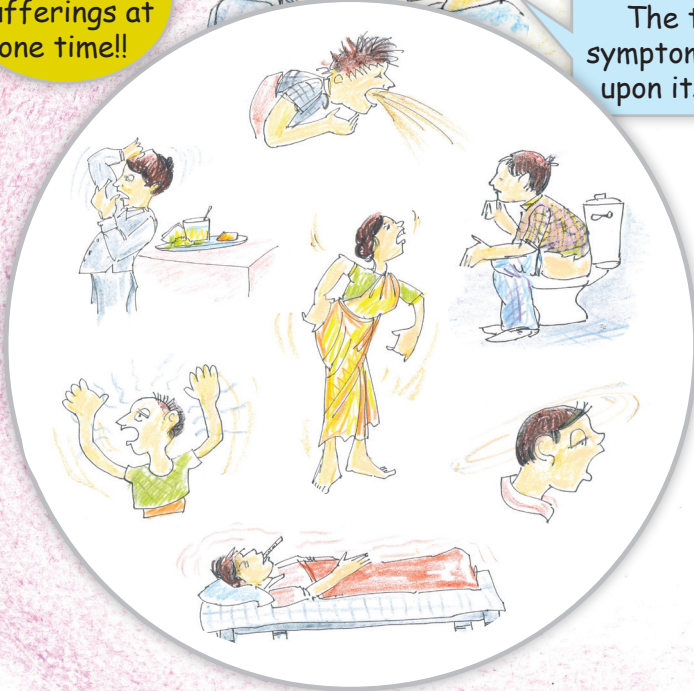
Resource Material on Management of Disasters

What are the symptoms of food poisoning?

Oh, all of this sufferings at one time!!

A person may suffer from nausea, vomiting, diarrhoea, fever, malaise (general feeling of illness), headache and body ache.

Not all at once. The type of symptom depends upon its causes.



Disease	Symptoms
nausea	sensation of unease and discomfort in the upper stomach with an involuntary urge to vomit
vomiting	involuntary, forceful expulsion of the contents of one's stomach through the mouth and sometimes the nose
diarrhoea	condition of having three or more loose or liquid bowel movements per day
fever	an elevation of body temperature above the normal range of 36.5–37.5 °C (97.7–99.5 °F)
malaise	a vague feeling of bodily discomfort, as at the beginning of an illness
headache	a headache or cephalgia is pain anywhere in the region of the head or neck
bodyache	pain in any part of Body



The symptoms of food poisoning may appear instantaneously or sometimes even 48 hours after the consumption of food. It depends on the quantity of contaminated food and the cause of contamination in the food.

Do these symptoms appear immediately after having contaminated food?



I am saying this out of my experience, that sometimes it may cause serious complications.

I know about severe dehydration. This makes people very weak and helpless.



What complications Dadi?

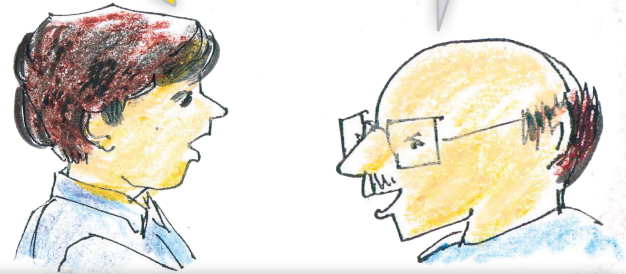


Complications

1. Severe dehydration
2. **Haemolytic ureamic syndrome:** a condition where the body does not have enough water and leads to the building up of urea in the body leading to kidney failure.
3. **Reactive arthritis:** This is a condition where the joints become *inflamed* due to the gastrointestinal infection.
4. **Pericarditis:** It is a condition where the outer covering of the heart gets infected
5. Death

Is there any treatment to cope up with the situation.

Yes, doctors prescribe medicine to such patients on the basis of symptoms that appears in the patient.



Treatment: Doctors prescription

Stage 1

1. medicines that will **control vomiting or diarrhea, fever, combined with a round of antibiotics.**

In case the patient does not feel better even after taking the medicine, the patient will be asked for

Stage 2

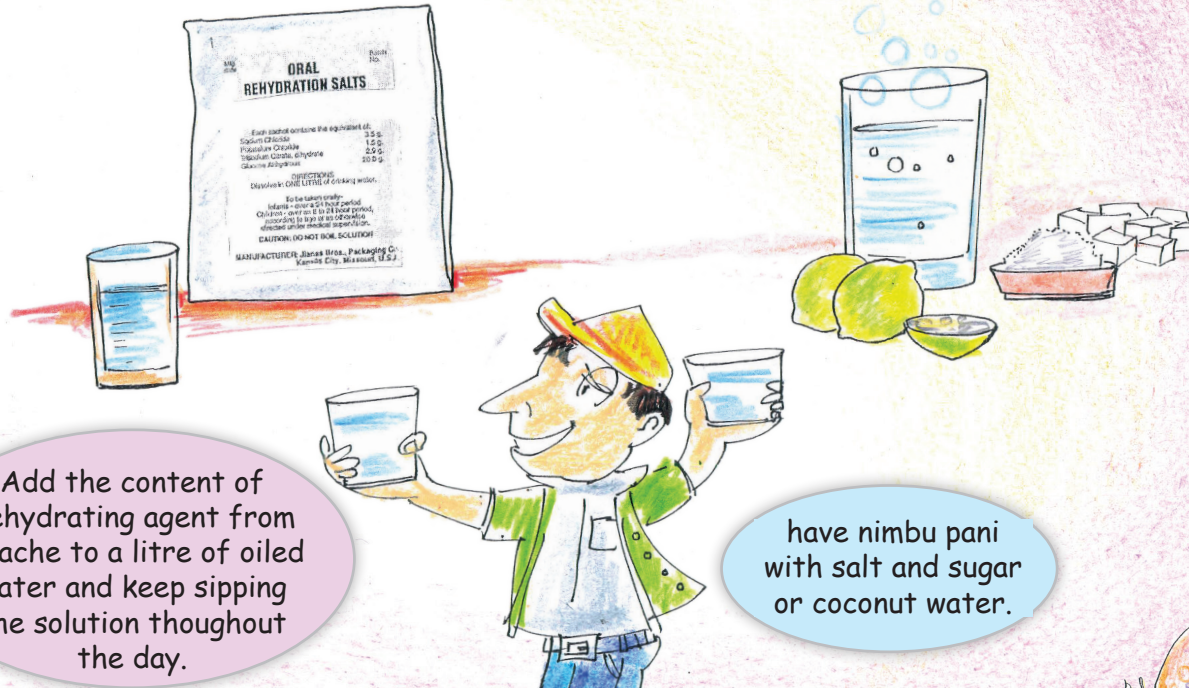
1. **Complete Blood Count (CBC)** will help identify if there is still **any infection in the body.**
2. The stool sample will help identify exactly which **organism has caused the food poisoning.**



Common Precautions

1. Take **rehydrating agents**
2. Drink a lot of water.

Oral Rehydration Solution (ORS) is an essential part of treating food poisoning. The rapid loss of water and nutrients from the body could send the body into shock causing a shut down in the main functions of the body.



have nimbu pani with salt and sugar or coconut water.



I know that one should drink a lot of water when this happens. I used to give *nimbu pani* with salt and sugar or coconut water when your Dadaji had vomitings.

These are common precautions that everyone should follow. These are actually rehydrating agents.

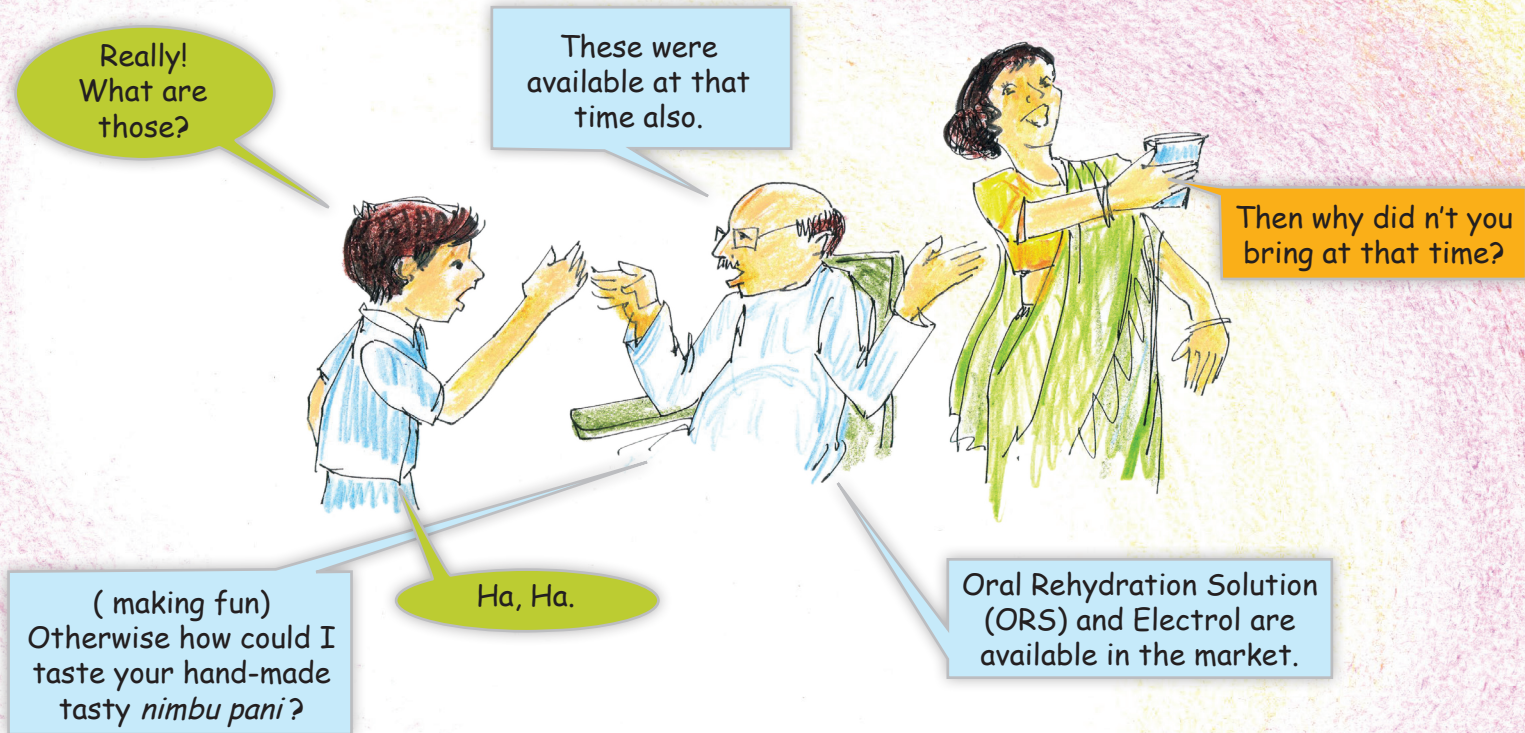
Why should we take this?



This is because when a person suffers from diarrhoea and/or vomiting, he/she loses not only water but a number of essential salts and minerals from the body. This not only helps rehydrate our body but also helps flush out the toxins faster.

I heard that now-a-days ready made rehydrating agents are available in the market.





Hygiene

- Wash your hand before every meal.
- Always remember to wash your hands well with a good antibacterial soap after visiting the toilet. Toilet is known to have almost 3 times the number of bacteria.
- If someone else cooks for you make sure he/she washes their hands.

- Eat food cooked in sanitary conditions
- Do not eat leftovers that are more than two days old
- Do not eat raw cut fruits or vegetables that are sold on the street in the open.
- Do not eat eggs or meat that are not well cooked. They are very common carriers of bacteria such as *Salmonella* and *E.coli*.

Mitigation Practices Do's and Don'ts

Cleaning of the cooking sources

- Always wash the utensils, the vegetables and meat thoroughly before cooking.
- Always make sure you eat food cooked in clean and filtered water. A number of organisms can survive even after the food is cooked.

Always store food in a clean container with a lid or a cover.

Proper storage of food in the refrigerator.

Chemical free Kitchen

Do not keep pesticides or other harmful chemicals in the kitchen.



India's Supreme Court Declares Constitutional Right to Unadulterated Food

BY LYDIA ZURAW / OCTOBER 29, 2013

India's Supreme Court ruled that the right to life guaranteed under the country's constitution also includes the right to safe food. "Enjoyment of life and its attainment, including right to life and human dignity encompasses, within its ambit availability of articles of food, without insecticides or pesticides residues, veterinary drugs residues, antibiotic residues, , solvent residues, etc," reads the Oct. 22 judgment in response to a petition for an independent committee to evaluate the harmful effects of soft drinks on human health.

Source: <http://www.foodsafetynews.com/>



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