



**KWAZULU-NATAL PROVINCE**

HEALTH  
REPUBLIC OF SOUTH AFRICA

# **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.***