



FOOD POISONING

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Abstract: Food poisoning is a sickness that caused by microorganisms. Food poisoning is a prevalent medical ailment that often arises from consuming food tainted with pathogenic microorganisms (bacterial, viral, parasitic, or fungal) or toxins released during various phases of food preparation, processing, or storage. The majority of food poisoning cases are categorized as moderate since their symptoms usually go away on their own in a few days without medical intervention, while severe and persistent cases need to be hospitalized.

Index Terms - Component, formatting, style, styling, insert.

I. INTRODUCTION

II. When a poisonous chemical comes into contact with the skin, eyes, or mucous membranes, (such as) those in the mouth or nose, it can cause poisoning, which is a dangerous condition.

III. .

IV. • Food poisoning is a sickness that caused by microorganisms

V. • Food poisoning is brought about by the development of microorganisms.

VI. • Eating ruined food causes food contamination.

VII. • Certain individuals recuperate following food contamination, yet individuals deal with numerous actual issues.

VIII. • Infections or microorganisms like E. coli , Norovirus , Campylobacter , Salmonella , Listeria cause food defilement

IX. • Eating crude food is likewise a wellspring of food contamination in light of the fact that the food has not gone through the cooking system and isn't cooked as expected.

X.

XI. According to reports, the overall population of developed nations has foodborne disease infections at a rate of roughly 30% each year. According to estimates, there are 76 million occurrences of food-borne illnesses each year, 325,000 of those require hospital treatment, and 5,000 people die as a result.

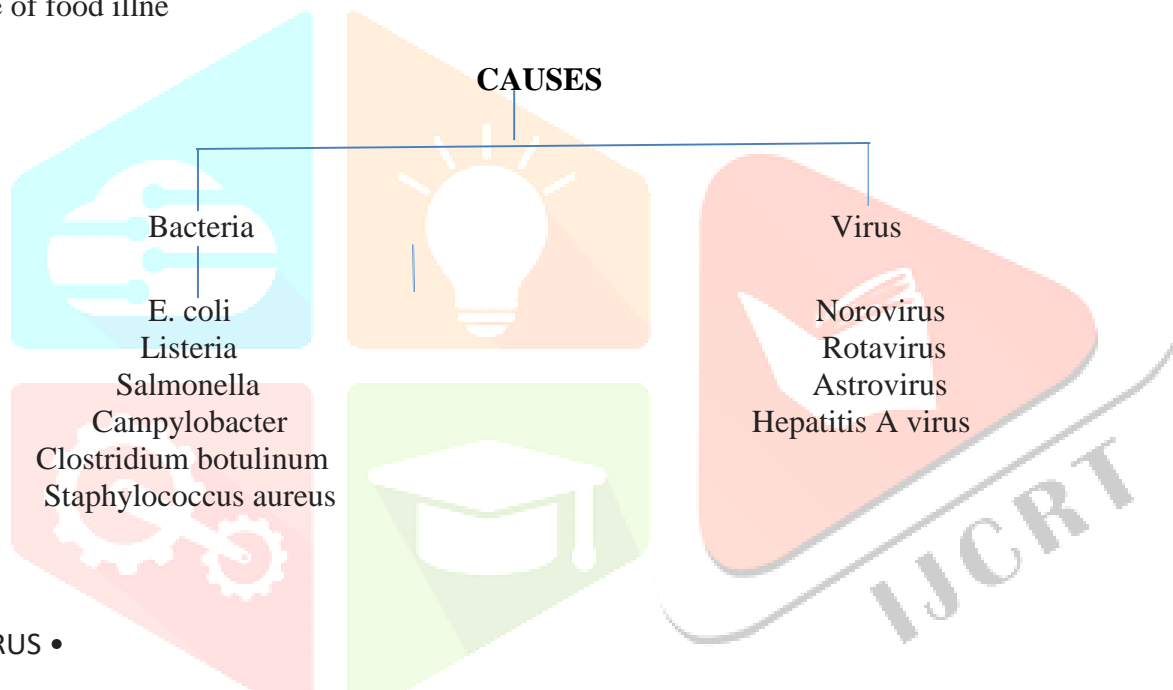
XII. 100 students from a VJNT ashram school in the Umadi town of Jat teshil in Maharashtra's sangli district were hospitalized as a result of food poisoning. They are being treated in the Miraj Civil Hospital, with about 20 of them reportedly in severe condition.

XIII. According to the district health department, the meal supplied was the source of the sickness.



CAUSES

Bacteria, & viruses are the two main causes of the majority of food poisoning cases. The majority of the food that people eat contains these viruses. However, viruses on food are often killed by heat during cooking before it reaches our plate. Due to their lack of preparation, raw foods are frequently the cause of food illne



• VIRUS •



Norovirus

The most typical cause of acute gastroenteritis (an illness characterized by diarrhea and vomiting) is assumed to be norovirus. It is easily shared through food and drink and can have a significant negative influence on your health.

Noroviruses are resilient organisms that can survive in harsh environments. They may spread by contact with environmental surfaces, food, and water, as well as readily from person to person. The disinfectants that are now utilized to treat bacteria are ineffective against these viruses.

HEPATITIS A

HAV may be contracted by direct contact with an infected person, consuming contaminated food or drink, or touching contaminated surfaces. Food contamination can happen at any point, from the farm to the table. The WHO estimates that each year about 1.5 million individuals become infected, but the real infection incidence is likely substantially higher given that many infections are often undiagnosed

• BACTERIA •

Food poisoning is almost always caused by bacteria.



E coli

Escherichia coli O157, often known as VTEC, is a bacterial infection. Serious stomach pain, absurdly loose feces, and renal disappointment may result from it.

Numerous animals, particularly steers, have E. coli O157 found in their stomachs and feces. Despite being a remarkable cause of gastroenteritis, it is preventable by:

Wash all raw vegetables, including salad leaves, unless they have been prepared ahead of time and are labeled "prepared to eat". This is especially important when eating contaminated food, such as raw, green vegetables or half-cooked meat.

interaction with infected people, especially if you happen to be infected yourself, contact with contaminated critters or accidentally coming into contact with their feces.

Salmonella

Salmonella is a rod-shaped, Gram-negative, nonsporeforming, motile bacterium that belongs to the Salmonellae tribe and the Enterobacteriaceae family.

Depending on the serotype, salmonella can cause either nontyphoidal salmonellosis or typhoid fever, both of which are detailed below. Nontyphoidal salmonellosis symptoms can be rather unpleasant, but this condition often goes away on its own in healthy individuals with intact immune systems (although it can still cause life-threatening illness in healthy individuals). Nontyphoidal salmonellosis has a lower fatality rate than typhoid fever, which is more dangerous.

These animals usually contain Salmonella germs, which may seriously illen humans. Salmonella can be transferred by direct or indirect contact with amphibians (like frogs), reptiles (such turtles, lizards, or snakes), or their excrement.

Campylobacter

The genus *Campylobacter* belongs to the family *Campylobacteriaceae* and is a gram-negative, microaerophilic bacterium. There are more than 20 different species of *Campylobacter*, not all of which are harmful to humans. One species, *Campylobacter jejuni*, is responsible for almost 90% of human *Campylobacter* illnesses.

Listeria

Bacteria that can flourish in frigid environments, such as a refrigerator, are the root cause of listeria. Nothing can stop it—not even freezing. You can't smell, taste, or detect it when it contaminates food.

People typically get the virus via improperly processed deli meats or dairy products manufactured from milk that hasn't been pasteurized, or heated to kill germs, in order to prevent the spread of bacteria.

The most common sources of listeria include soft cheeses, raw milk, contaminated produce, infected fruits, contaminated vegetables, contaminated poultry, and contaminated meats

*SYMPTOMS

The type of gastrointestinal symptoms might provide information about the infection type. Watery diarrhea is a common sign of viral infection and often occurs without blood or mucous.

In contrast, someone who has bacterial diarrhea is more prone to experience bloody or mucousy diarrhea. Especially in kids, norovirus can induce an abrupt start of vomiting.

Symptoms of food poisoning include:

- Nausea
- Vomiting
- Diarrhoea,
- Stomach cramps
- Abdominal pain
- A lack of energy and weakness
- Loss of appetite
- Fever
- Aching muscles

*TREATMENT

People who are elderly, immunosuppressed, or pregnant may benefit from prescription drugs. Treatment with antibiotics during pregnancy aids in preventing the spread of an illness to the developing child.

The majority of the time, drinking lots of water is all that is required to treat food poisoning at home. Because of your diarrhea vomiting, and fever, you lose a lot of fluids. Staying hydrated is the most important thing you can do to support your body while it works. Hydration beverages like Pedialyte™ may be helpful when you're sick. These components make it possible for fluids to remain in your body for longer. If you are having trouble swallowing liquids or displaying dehydration symptoms, you may need to visit the hospital for IV fluids.

Adults can often treat diarrhea brought on by food poisoning using over-the-counter medications including loperamide link (Imodium) and bismuth subsalicylate link (Pepto-Bismol, Kaopectate). For babies and young toddlers, some medications can be harmful.

If food poisoning is suspected, it is recommended to visit a doctor before taking OTC (over-the-counter) treatments such as loperamide (Imodium), since they might make the patient's symptoms worse. Medication to reduce the frequency of diarrhea may be necessary, but it is better to do so before taking such medications.

*PREVENTION

- For the entire amount of time suggested on the package, cook frozen meals.
- Use only fresh items, packages with intact seals, and undented or bulging cans.
- Use sparingly any food that tastes rancid or has an odd odor.
- As they handle different food categories, such as meats and vegetables, be sure the serving personnel is using different tongs for each.
- Make sure the wait staff doesn't use gloves when collecting orders or cleaning up after customers.
- Never purchase cracked or unclean eggs, and make sure the eggs in cartons indicate the supplier.
- Cutting boards and other utensils should be completely cleaned and dried after each use if you don't have separate ones for preparing raw meals and ready-to-eat items.
- Keep in mind that the majority of food has to be cooked to a minimum of 75 °C.
- All food should be covered with lids, foil, or plastic wrap.
- To prevent the growth of germs and viruses, leftovers should be refrigerated as soon as possible.
- Before eating, thoroughly wash all fruits and vegetables .



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