

## Food poisoning warning

カンピロバクター食中毒にご注意 「ひろしま市民と市政」6月1日号 (P1)

The most common type of bacteria to cause food poisoning is Campylobacter. As the risk of food poisoning increases during rainy season, it's important to learn about these bacteria and avoid food poisoning caused by it.

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### ■ What is Campylobacter bacteria ?

Campylobacter bacteria normally inhabit the intestinal tract of animals such as pigs, chickens, and cattle. It is frequently detected in foods derived from these animals, which are contaminated during processing. Fresh meat can be contaminated by the bacteria, and even small amounts can cause food poisoning.

### ■ Signs and symptoms

Symptoms such as diarrhea, fever and/or abdominal pain usually occur 2 to 7 days after infection, and it usually takes about 7 days to recover. Those with weaker immune systems, such as children and the elderly, need to be especially careful. These symptoms are the typical symptoms of food poisoning, but it may sometimes result in severe illness.

## Tips to prevent food poisoning caused by Campylobacter bacteria

### Do NOT eat raw or undercooked meat

- ✓ Do NOT eat raw meat of any kind.

### Avoid cross contamination from meats to other foods

- ✓ When cooking, make sure to keep your cooking utensils for raw meat and eating cutlery separate and do not mix them up.
- ✓ Keep any meat separate from greens and other food items that you eat raw.
- ✓ Thoroughly wash and sterilize your hands and cooking utensils, such as cutting boards and kitchen knives, that were used to prepare raw meat.

**Thoroughly heat food**

- ✓ Cook meat well (until the color changes completely). Thoroughly heat food through for about one minute to 75 °C or higher in order to kill germs.
- ✓ Be especially careful handling minced meat, marinated meat, and innards.