A recent study of food poisoning cases has again put the spotlight on hygiene. The latest incident involved 112 people, comprising 7 adults and 105 children, who fell ill after eating meals prepared by Food Hall Catering & Management. A few days earlier, 100 people became sick from food prepared by Tong Foo Catering at one of the barbecue stalls at a local park. These incidents have come at a time when hygiene had improved after earlier meals prepared by Apollo Pharmaceutal in Sengkang. In all, more than 40 people suffered food poisoning in three separate incidents last month. Food poisoning refers to a spectrum of foodborne infections of the gut by bacteria, viruses and parasites.

Most people associate food poisoning with vomiting and diarrhea, but you can also have other specific symptoms such as fever, muscle aches, abdominal bloating, chills, headache and aches in the shoulder and upper back. A significant proportion of cases involve asymptomatic carriers, who can be detected by stool tests. Some foodborne illnesses can be quite serious, including foodborne meningitis, which can be fatal.

The symptoms depend on the type of food the meal was made with. For example, contaminated coconuts can cause food poisoning by infecting the liver, and fish can cause food poisoning by infecting the brain. This can lead to cases that are quite serious, including foodborne meningitis, which can be fatal.

The symptoms can include fever, headache, vomiting, diarrhea, and abdominal pain. It can also cause a rash, muscle aches, and fatigue. In severe cases, it can cause liver damage or even death.

To prevent food poisoning, it’s important to wash your hands thoroughly before and after handling food, to store food at the correct temperature, and to cook food thoroughly. It’s also important to avoid cross-contamination by using separate utensils and cutting boards for raw and cooked food. If you think you may have food poisoning, it’s important to seek medical attention immediately. Food poisoning is a serious condition that requires prompt medical attention. If you suspect that you or someone you know has food poisoning, seek medical attention immediately.