

FOOD POISONING AND MEASURES TO PREVENT IT

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Food poisoning is often acute and sometimes chronic, and is caused by the consumption of food that is unsanitary. The food may contain certain types of microorganisms or toxins produced by them or chemicals of a different nature. Food poisoning is most often observed in group meals, but individual cases also occur.[1]

The classification of food poisoning is based on their etiological and pathogenetic principles. Below is a brief summary of the types of food poisoning and their prevention measures.

I. Microbial food poisoning.

A. Toxicoinfections - the products that cause them include meat and meat products, semi-finished products, poultry products, milk and dairy products. Disease prevention measures include veterinary supervision in livestock farming, strict sanitary control at all stages of animal husbandry, from slaughter to processing into finished products, and adequate thermal treatment during storage, transportation, preparation, and distribution of finished foods.[2]

B. Intoxications The most typical representative of toxicoses in this group is botulism, which occurs through contamination of canned products, pickled and smoked fish and meat products with the botulism pathogen. To prevent the disease, it is necessary to properly process the products before canning, create an acidic or salty environment, and conduct thorough heat treatment before consumption. In second place are staphylococcal toxicoses, which are often caused by contaminated milk and dairy products, confectionery products, and canned oily fish. To prevent the disease, it is necessary to identify and treat individuals who consider themselves healthy but are carriers of the microbe, conduct thorough heat treatment before consumption, and observe the storage and sale periods of products.[15]

D. Mycotoxicoeses can be transmitted through nuts, cereals, legumes, dairy products, and eggs. To prevent the disease, it is necessary to follow agrotechnical measures and product storage rules.

II. Non-microbial poisonings.

1. Poisoning by products that are toxic in nature-

A. Poisonous mushrooms include white toadstools, strobos, moss mushrooms, white turbans, and yellowing champignons. In order to prevent the occurrence of the disease, it is necessary to teach the population to know and strictly adhere to the rules for picking mushrooms, and to distinguish between those that are unsuitable for consumption and those that are not suitable for sale and purchase.

B. Poisoning by poisonous plants: heliotrope, trichodesma, bangidevona, milchweed, belladonna, etc. The main preventive measures are agrotechnical measures and increasing the sanitary awareness of the population.

D. Poisonous organs of animals and fish - caviar of marinka fish, eggs of pike perch, adrenal glands, pancreas, etc. The list of measures should include measures to increase the sanitary awareness of the population.



2. Under certain circumstances, poisoning can occur through products that exhibit toxic properties, such as unripe peas, kernels that have rotted due to improper storage, and sprouting potatoes (potato blight).

3. Poisoning by chemical toxins is often caused by substances of a toxic nature contained in food products. Toxic chemicals can enter products during the treatment of agricultural crops with pesticides, through the uncontrolled use of food additives by adding them in large quantities, or in cases where the rules for storing and transporting ready-made food products are not followed.[3]

III. Poisonings of unknown etiology.

This group includes Gaff disease, Urov disease, and alimentary toxic aleukemia.

Upon detection of food poisoning, the doctor must provide first aid to the patient, then assess the causes and circumstances of food poisoning, and exclude products suspected of causing food poisoning from consumption. The district sends an urgent message to the SEOM staff (the urgent message indicates the name and address of the settlement, the date and time of the poisoning, the name of the suspected product, and the number of people infected). In addition, the doctor writes down information about children under 14 years of age, the number of people hospitalized, the severity of the disease, and the number of deaths, and the doctor signs his or her name and signature. After that, the doctor takes samples of suspicious foods, samples of vomit from the poisoned, samples of lavage fluid if the stomach was washed, and samples of blood and feces from the patients to the SEOM laboratory and sends them to the laboratory.[4]

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