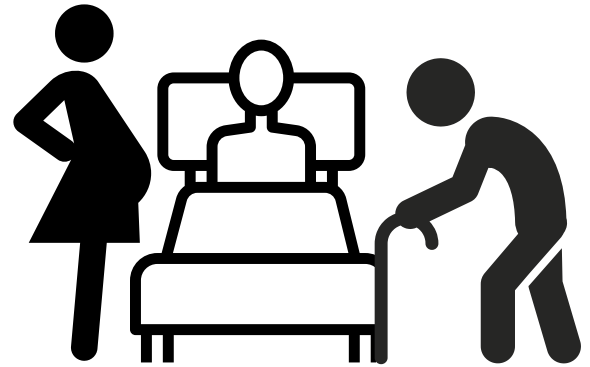


Some people are more vulnerable to food poisoning

Some people have a higher risk of getting sick because their immune system is weakened or still developing. This means it is easier for harmful microorganisms (bacteria and viruses) in food to make these vulnerable people ill. They are also more likely to develop serious complications from food poisoning compared with the general population.

It is important for everyone to enjoy a wide range of foods for good nutrition. However, extra care must be taken to be sure food for vulnerable people is safe.



MAKING SAFER FOOD CHOICES

Avoid consuming higher risk foods – the following tables list examples of higher risk foods and safer alternatives. It's best to eat freshly prepared food. More food safety information is at www.foodstandards.gov.au/consumer/

EXAMPLES OF HIGHER RISK FOODS TO AVOID

FOOD TYPE	EXAMPLES
Cold meats	Unpackaged and ready-to-eat from delicatessen counters, sandwich bars, etc. Packaged, sliced and ready-to-eat
Cold cooked chicken	Purchased ready-to-eat (whole, portions, or diced)
Pâté	Refrigerated pâté or meat spreads
Salads (fruit & vegetables)	Pre-prepared or pre-packaged including from buffets and salad bars
Chilled seafood	Raw (e.g. oysters, sashimi or sushi), smoked ready-to-eat seafood, ready-to-eat peeled prawns (cooked) e.g. in prawn cocktails, sandwich fillings, prawn salads
Cheese	Soft, semi soft and surface-ripened cheeses (pre-packaged and delicatessen) e.g. brie, camembert, ricotta, feta and blue - unless they are thoroughly cooked
Ice cream	Soft serve
Rock melon	All rock melons
Seed sprouts	Raw
Unpasteurised fruit juices	All types
Unpasteurised dairy products	e.g. raw milk
Eggs	Raw and lightly cooked e.g. milkshakes, lightly poached, aioli, mousse, egg custard
Enoki mushrooms	Raw or lightly cooked
Hummus, tahini, other sesame pastes	All types

SAFER ALTERNATIVES

FOOD TYPE	SAFER	PRECAUTIONS
Cold meats	Home cooked	Store in fridge and use within a day of cooking.
Chicken	Home cooked	Ensure thorough cooking, use immediately, store leftovers in fridge and use within a day of cooking.
	Hot take-away chicken (whole portions)	Use immediately or store leftovers in fridge and use within a day of purchase.
Salads (fruit & vegetables)	Freshly prepared salads – home made	Wash all vegetables and fruit thoroughly. Store leftovers in fridge and use within a day.
Seafood	All freshly cooked seafood	Use immediately – store any leftovers in fridge and use within a day of cooking.
Cheese	Hard cheese (e.g. cheddar, tasty)	Purchase cheeses packaged by the manufacturer.
	Processed cheese, cheese spreads, plain cream cheese, plain cottage cheese	Store in fridge.
Other dairy products	Pasteurised products (e.g. pasteurised milk, yoghurt, custard, dairy dessert)	Store in fridge.
	Packaged frozen ice cream	Keep the ice cream frozen.
Canned and similarly packaged foods	All	Store unused portions in fridge in clean, sealed containers and use within a day.
Eggs, sprouts	Thoroughly cooked	Use immediately – store leftovers in fridge, use within a day.

WHO IS AT RISK?

People at higher risk of foodborne illness include:

- pregnant women, their unborn and newborn children
- older people (generally persons over 65–70 years)
- people whose immune systems have been weakened by disease or illness (e.g. cancer, AIDS, diabetes, organ disease), and organ transplant patients
- anyone on medication that suppresses the immune system (e.g. prednisone, cortisone, proton pump inhibitors).

WHAT ARE THE SYMPTOMS?

Symptoms depend on the type of foodborne illness. Salmonellosis can cause diarrhoea, nausea, vomiting, fever and abdominal cramps. Symptoms of listeriosis include fever, headache, tiredness and aches, while less common symptoms include diarrhoea, nausea and cramps. Symptoms may become more serious, such as meningitis and septicaemia. Listeriosis can be fatal. Symptoms in pregnant women may be mild, but listeriosis can result in miscarriage, premature birth or, in rare cases, stillbirth.

If you have any concerns about whether you are at risk, or about symptoms or illness, please consult your medical practitioner.

FOOD SAFETY BASICS

Take some simple food safety steps to reduce the risk of foodborne illness:

KEEP THINGS CLEAN



Thoroughly wash and dry your hands before preparing food.



Keep your refrigerator, kitchen benches and equipment clean. Wash or replace kitchen wipes often.

KEEP COLD FOOD COLD, HOT FOOD HOT



Keep cold food cold at 5°C or colder. Check your fridge is operating below 5°C.



If you are buying hot food or keeping food hot, make sure it is steaming hot (60°C or hotter).



Reheat food until it is steaming hot all the way through.

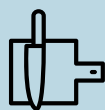


Thaw ready-to-eat frozen food in the refrigerator or microwave – don't thaw it at room temperature.



Don't leave foods to cool on the bench or stove top. Put them in the refrigerator once they've stopped steaming.

KEEP THINGS SEPARATE



Use separate knives, cutting boards and plates for raw meat and cooked meat or other ready-to-eat foods.



Store raw meat separately from ready-to-eat food in the refrigerator. Store it below other foods so it will not drip meat juices onto them.



Keep stored foods covered.

EAT FRESH FOOD

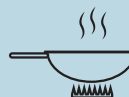


Eat food within its use-by date. Eat refrigerated leftovers within a day.

COOK FOOD PROPERLY



Follow any cooking instructions on packaged food.



Thoroughly cook all raw meat, chicken, seafood, sprouts and eggs.



Cook poultry and minced or rolled meat (e.g. sausages, burgers, rolled roast) to at least 75°C in the centre – check it with a food thermometer.