

## Foodborne illness and food poisoning.

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### Description

Foodborne illness, more often referred as food poisoning, is the result of eating the contaminated, spoiled, or toxic food. Food poisoning is an illness that is caused by eating contaminated food. It's not usually the serious and most people get better within a few days without many treatments. In most cases of food poisoning, the food is contaminated by several types of bacteria like salmonella or Escherichia coli or a virus, such as the norovirus. The most common symptoms of food poisoning involve nausea, diarrhoea and vomiting. Although it's quite uncomfortable but food poisoning isn't unusual.

The main symptom is diarrhoea, often with being sick or weak as well. Diarrhoea is commonly defined as loose or watery stools, usually at least three times in 24 hours. Blood or mucus can appear in the stools with some infections. Crampy pains in your abdomen are common. Pains may ease for a while each time you pass some diarrhoea. You may feel hot one minute and cold and shivery the next minute and achy all over the time. These are symptoms of a high temperature which sometimes develops along with the tummy symptoms.

### Discussion

Many different disease causing germs can contaminate the food, so there are many different foodborne infections. According to the research study, there are more than 250 identified foodborne diseases. Most of them are infections caused by a variety of bacteria, viruses, and parasites. Harmful and hazardous toxins and chemicals also can contaminate foods and can cause foodborne illness. Bacteria are the most prevalent cause of food poisoning. When thinking of dangerous bacteria like E. coli, Listeria, and Salmonella come to mind for a good reason. Salmonella is considered as the biggest culprit of serious food poisoning cases in the many countries. According to the study, estimated cases of food poisoning, including nearly maximum number if people are hospitalizations, can be traced to salmonella infection annually. Campylobacter and C. botulinum are two lesser-known and potentially lethal bacteria that can lurk in our food. Food poisoning caused by parasites is not as common as food poisoning caused by the bacteria, but parasites spread through the food are still considered very dangerous. Toxoplasma, the parasite seen most often in cases of food poisoning. It's typically found in the cat litter boxes. Parasites can live in your digestive tract undetected for many years. However, people with weak immune systems and pregnant women are at risk of serious side effects if parasites take up residence in our intestines. Foodborne illness can also be caused by a virus. The norovirus, also known as the Norwalk virus, causes about 19 million cases trusted Source of food poisoning each year. In rare cases, it can be fatal. Sapovirus, rotavirus, and astrovirus

bring on similar symptoms, but they're very less common. Hepatitis A virus is a serious condition that can be transmitted through our food.

### Conclusion

Foodborne diseases can not only causes short-term symptoms like nausea, vomiting, and diarrhea but can also causes longer-term illnesses such as cancer, kidney or liver failure, brain, and neural disorders. These diseases are considered more serious in children, pregnant women, elderly people, and those who have a weakened immune system. Nonetheless, increased foodborne incidences pose a global threat to the regulatory authority and reinforce the need for governments, the food industry, and the individuals to do more to make food safe and also prevent foodborne diseases or illness. Since food safety is a shared responsibility of all the stakeholders along the food chain, there remains a significant need for education and training on the prevention of foodborne diseases among food producers, suppliers, handlers, and the general public. In addition, all the stakeholders along the food chain must work closely with national governments to help set and implement food safety strategies and policies that will in turn supply safe food for the world populations.

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