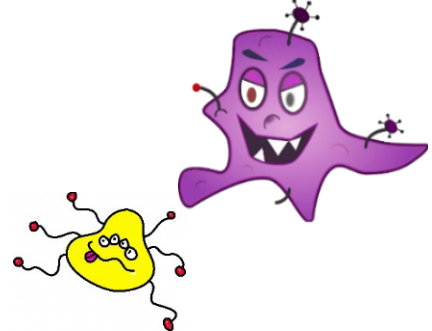


食物中毒



食物中毒是由進食受污染的食物或飲用受污染的飲品所導致的一種疾病。在美國，每年約有六分之一的人口因食用被污染的食物而生病。食物的污染源主要來自細菌和病毒，但亦可能因寄生蟲，天然或化學毒素及過敏原等的污染而發生。一般來說，在適當的溫度及濕度下，病菌在短時間內可大量增長。對於健康的成年人來說，食物中毒的機率取決於食物中含有的病菌類型和數量。而對於一些免疫能力較差的人，例如年幼的兒童，長者，長期病患者或孕婦來說，由於他們的免疫系統能力較差，少量的病菌已可能導致發病。

食物中毒症狀

根據誘發食物中毒的病菌類型，食物中毒的潛伏期及症狀亦會因而不同。部分病菌會令患者在食用受污染的食物一小時內出現反應，但個別病菌可能令患者在數天後才出現病症。一些較常見的食物中毒症狀包括：胃部不適，胃痙攣，噁心，嘔吐，腹瀉及發燒。在少數的情況下，食物中毒亦可能導致患者死亡。若出現較嚴重的症狀，如血便，高燒，頻繁嘔吐，脫水跡象（例如排尿減少，口乾/咽喉乾燥，頭暈）或腹瀉持續超過三天，請立刻到附近的醫療中心看醫生及向醫務人員尋求幫助。

如何預防食物中毒

食物污染可以發生在食物生產及烹飪過程中的任何地方。在很多情況下，食物是否受到污染並非單靠肉眼可以判斷的，即使食物的外觀，味道或氣味依舊保持不變，但食物內在的病菌含量可能早已達到危害我們健康的水平。因此，當你並不肯定該食品是否可以安全享用時，請不要食用。除此之外，有時候發霉的食物只會在食物表面的一部分上長出霉斑。然而，即使肉眼上看並無異樣，無霉斑的部分亦經已被污染。所以，如果你注意到食物有霉菌生長，請直接把它丟棄。



What Is Foodborne Illness

What is Foodborne Illness?

Foodborne illness is sometimes called “food poisoning.” Each year, one in six Americans gets sick from eating contaminated foods or drinking contaminated beverages. The most common causes of foodborne illness are bacteria and viruses such as Salmonella, norovirus, Clostridium perfringens, Campylobacter, Listeria monocytogenes, E.coli and Staphylococcus aureus.

Food Poisoning Symptoms

Depending on the type of pathogens that triggered the illness, patients may experience varying symptoms and symptoms can last for a varying time frame as well. Some of the more common food poisoning symptoms include:

- Upset stomach
- Stomach cramps
- Nausea
- Vomiting
- Diarrhea
- Fever

Symptoms of food poisoning can range from mild to severe. You should go see your doctor or a healthcare provider if you experience the following symptoms:

- Bloody stool
- High fever
- Frequent vomiting which may potentially lead to dehydration
- Signs of dehydration (e.g. decrease in urination, very dry mouth/throat, dizziness)
- Diarrhea that lasts more than 3 days

People at Risk

Foodborne illness affects anyone who consumes contaminated foods, but certain groups of people are more at risk than the average population. These includes:

- Adults aged sixty-five and above
- Children under age of five
- People with a compromised immune system
- Pregnant women

