

## FOOD POISONING

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### **Abstract:**

Food poisoning is an acute disease usually accompanied by indigestion. The reason for this is often the entry of various microorganisms into the body together with food.

**Keywords:** food, poisoning, digestion, washing, product

Most cases of food poisoning are caused by the rapid growth of *Staphylococcus aureus* and *Escherichia coli* in products. Poisoning is often caused by consumption of low-quality products that have expired, stored in improper conditions, or produced in violation of sanitary standards.

Food poisoning is also observed when eating poisonous mushrooms and plants.

### **SYMPTOMS OF FOOD POISONING**

The first signs of poisoning can be observed within half an hour after eating poor-quality food, but often appear within 4-6 hours, and sometimes after a day.

Typical symptoms of poisoning:

Diarrhea (with waste, watery, smelly, undigested food residues);

Strong nausea;

Repeated vomiting.

In addition, weakness, dizziness, increased body temperature, fever, heaviness and painful spasms in the stomach area, flatulence, and excessive salivation are characteristic.

### **REMEMBER**

Most often, poisoning is caused by milk and milk products, cream cakes and pastries, soft cheese, boiled sausages, pates, eggs, homemade mayonnaise, mayonnaise or sour cream salads, tomatoes and tomato juice.

### **FIRST AID FOR FOOD POISONING**

At the first signs of food poisoning, it is necessary to wash the patient's stomach to empty it. A weak (pale pink) solution of potassium permanganate passed through a paper filter or four layers of gauze can be used for washing.

In addition, a solution of baking soda (1 teaspoon for 1 liter of boiled water) or table salt (2 tablespoons without "stone" for 5 liters of water) is also suitable.

## **WHEN TO SEE A DOCTOR**

Often, the symptoms of poisoning pass independently within a week, and symptomatic treatment is sufficient. However, in some cases, poisoning is dangerous. You should seek medical help in the following cases:

- If there is a strong headache, pain in the kidney, liver and other internal organs against the background of intestinal and stomach diseases;
- If the patient has a high fever, strong sweating, thirst;
- If a young child or an elderly person is poisoned;
- If there is suspicion of mushroom poisoning;
- If severe vomiting, diarrhea persists for two days;
- If symptoms of poisoning last longer than a week.

## **PREVENTION OF FOOD POISONING**

The best way to prevent food poisoning is to follow the rules of food hygiene, proper food storage and elementary awareness.

Pay attention to the color, smell and taste of the food. An unpleasant rotten smell, a sour taste, a bitter tongue should be alert. A change in its consistency, the formation of mucus on its surface can also serve as a sign of the quality of the product.

Moldy, spoiled fruits and vegetables, swollen cans and packages of milk and milk products should be discarded without regret.

A jar "closed" with an iron lid should open with a peculiar sound, which indicates that it is hermetically sealed. If there is no sound, you should not eat canned food.

When buying, it is necessary to check the production period and expiration date of the product, as well as the integrity of the packaging. It is also necessary to inspect the refrigerator regularly.

Other Precautions:

Do not buy ready-made salads with mayonnaise: their quality deteriorates quickly.

Follow the cooking heat mode.

Before eating and preparing food, thoroughly wash vegetables and fruits, dishes and other kitchen items.

Wash the egg with soap before biting into it.

Kitchen towels and dishcloths should be changed frequently, they all collect pathogenic bacteria.

There should be several cutting boards. Cutting boards for greens, vegetables and fruits, cheeses and sausages, and cutting boards for raw meat should be separate.

Do not store raw meat and ready meals in the same part of the refrigerator. Do not prepare too much food in advance. Cooked food should not be stored in the refrigerator for more than three days Choose public eating-places carefully.

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