

CLOSTRIDIUM PERFRINGENS FOOD POISONING

What is Clostridium perfringens Food Poisoning?

This is a type of food poisoning caused by the bacteria Clostridium perfringens. Symptoms include sudden abdominal pains and diarrhea. Nausea is common but not vomiting or fever. This type of food poisoning is mild and usually lasts only one day or less.

How is Clostridium perfringens food poisoning spread?

It is found in soil as well as in the intestines of humans and animals (cattle, pigs, poultry, vermin). Illness happens when people eat food contaminated with feces or soil, that has been left at room temperature for too long.

Foods commonly involved are meats that have been infected and then not properly refrigerated, not cooked properly, or not heated properly (for example, stews, meat pies and gravies made from beef, turkey, or chicken).

How can you prevent Clostridium perfringens food poisoning?

1. Serve meat dishes hot or refrigerate them until serving time. A refrigerator should be capable of maintaining a temperature of 4° C or lower.
2. Reheat cooked meat dishes rapidly to a temperature of 74° C (165° F) or higher.
3. Do not partially cook meat and poultry one day and then reheat the next day.
4. Divide stews and similar dishes prepared in bulk into several shallow containers for more rapid cooling in the refrigerator.
5. Wash hands for 20 seconds with soap and water immediately after using the toilet and always before handling or eating food.
6. After handling raw foods, wash hands before working with cooked foods.

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