

Ref : DMA/AIFI/97/C 969

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Dear Captain
Good Day,

kindly find attached loss prevention file regarding " food poisoning on board vessels" for your kind attention and needful action.

Best Regards,

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Food poisoning on board vessels

Description:

Food poisoning as it has been experienced on board of few covered vessels can have fatal consequences. Such food poisoning are common due to use of frozen foods or nonobservance of hygiene standards on board.

Food poisoning occurs usually when pathogenic factors (Bacteria, Parasite and Virus) affect the food stuff or drinking water. So far as possible mineral water to be used as drinking water. Fresh water from ships tanks is not advised for drinking on board unless enough treatment is done. Frozen meat, chicken and fish should not be kept frozen for long time on board vessels. If ships freezers have been switched off for a long period due to any malfunction, it should be ensured that food content are not spoiled, by checking its appearance for any discoloration and for any abnormal smell. Signs of food poisoning can vary depending on the source and type of contaminated food. Symptoms can be hidden from one hour to weeks depending on source of contamination and can be appeared by cramping of abdominal muscles, diarrhea, vomit, loss of appetite, mild fever, weakness, nausea and head ache. Signs of a dangerous food poisoning include: diarrhea that lasts more than 3 days, fever higher than 39 degrees, sight difficulty or speech disorder, severe dehydration, which may include dry mouth, infrequent or rare urine, bloody urine and difficulty of swallowing fluid.

Conclusion:

If someone is suffering from food poisoning, it is advised to drink enough fluids and to avoid caffeine, as it may stimulate digestive system but non-caffeinated tea with sedative plants can soothe the stomach.

It is better to limit the consumption of solid foods, instead it is recommended to eat soft and low-fat foods until returning back to usual condition and diarrhea/ vomiting are stopped. Foods such as Banana, Rice, Oatmeal, Chicken Soup, Potato Puree, Boiled Vegetables, Toast, juice, are useful. Dairy products, especially Milk and Cheese, fat foods, flavors, spicy foods, to be avoided. Canned foods should be checked for expiry before use, swollen cans indicate a spoiled product usually caused by growth of microorganisms and never to be used. All can foods are to be boiled for at least 20 minutes before use. Fruits and vegetables are to be washed and disinfected properly.