

CENTRAL KAROO

DISTRICT MUNICIPALITY



SECTION: MUNICIPAL HEALTH SERVICES

FOOD SAFETY



The Section aims to create an environment supportive of good health and minimize those factors detrimental to our health in the Central Karoo district

The Section is focused on the needs and expectations of our communities in the Central Karoo. We seek a good relationship between the municipality and its inhabitants, with a collective responsibility for the environment to ensure that all communities will live in an environment that is beneficial to their health

OUR FUNCTION

The National Health Act, 2003 (Act 61 of 2003) defines Municipal Health Services as Environmental Health. In terms of Section 1 of the Act Municipal Health Services are defined as:

- Water Quality Monitoring;
- Waste Management and Monitoring;
- **Food Control;**
- Environmental Pollution Control;
- Health Surveillance of Premises;
- Supervision and Prevention of Communicable Diseases;
- Vector Control;
- Safe handling of Chemical Substances; and
- Management of Human Remains.

The Air Quality Management & Integrated Waste Management functions are also performed by the Section Municipal Health.

EHP's act as public arbiters of EH standards, maintaining close contact with the communities they serve. We act as advisers, educators, consultants, managers and enforcement officers (enforcing health policies), ensuring people are able to live, work & play in safe, healthy environments

STAFF & AREA OF SERVICE DELIVERY

EHP's are employed at our Head Office in Beaufort West as well as our Prince Albert & Laingsburg Offices

Services are rendered in ten (10) communities in the Central Karoo Region, namely Murraysburg, Beaufort West, Nelspoort, Merweville, Prince Albert, Leeu-Gamka, Klaarstroom, Prince Albert Road, Laingsburg & Matjiesfontein, as well as in the rural areas of the Beaufort West, Prince Albert & Laingsburg Districts.

One of the major core functions of Municipal Health is Food Safety and integrity.

Food Hygiene are the conditions and measures necessary to ensure the safety of food from production to

consumption.

DID YOU KNOW...

Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation.

When certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called "food poisoning." Foodborne illnesses are a preventable and underreported public health problem.

These illnesses are a burden on public health and contribute significantly to the cost of health care.

Food Poisoning is a notifiable condition and an Outbreak requires the activation of an Outbreak Response Team.

A foodborne illness outbreak (food poisoning) refers to any food poisoning incident involving 2 or more individuals that are epidemiologically linked to a common food/beverage source.

If you've ever had food poisoning, you probably had a good idea that's what it was even before you talked to your doctor. It's hard to miss the main symptoms: stomach cramps, vomiting, and diarrhea. They can hit a few hours or a day or two after you ate the food that caused the problem.

Your symptoms usually pass in a few days or even in mere hours. However, if your discomfort doesn't go away, you may need to get checked and find out exactly what made you sick. You should also see a doctor if along with other symptoms you have high fever, blood in your stool, or feel dehydrated or unable to keep any food or liquid down.

SEVEN GOLDEN RULES FOR SAFE FOOD PREPARATION

Cook raw food thoroughly

Many raw foods, such as fish and vegetables, etc., can easily be contaminated with cholera bacteria. Thorough cooking will kill the bacteria. Do not eat uncooked foods, unless they can be peeled or shelled.

Eat cooked foods immediately

When cooked foods get cold, bacteria begin to grow.

To be on the safe side, eat cooked foods as soon as they are cooked or thoroughly reheat previously cooked food before eating.

Avoid contact between raw foods and cooked foods

Safely cooked food can become contaminated through even the slightest contact with raw food.

Cross-contamination can take place when raw fish comes into direct contact with cooked foods.

Choose food processed for safety

In an area affected by cholera, such foods as fruits and vegetables, may not be safe unless they have been processed through canning, drying, etc.

Wash hands repeatedly

Wash hands thoroughly before you start preparing food and after every interruption e.g. changing or cleaning up the baby or using the toilet or latrine.

After preparing raw foods, such as fish or vegetables, wash your hands again before you start handling other foods.

Keep all kitchen surfaces clean

Any surface used for food preparation must be kept absolutely clean. Think of every food scrap, crumb or spot as a potential source of bacteria. Cloths used for washing or drying food preparation surfaces, dishes, and utensils should be changed every day and boiled before use. Separate cloths for cleaning the floor also require daily washing.

Use safe water

Safe water is just as important for food preparation as for drinking. Bring water to a rolling boil before using it to prepare infant's meals.

Unperfumed Bleach or Jik may be used instead of boiling to make water safe.

Add 1 teaspoon unperfumed Bleach or Jik to 25 litres of water. Leave standing for a minimum of 2 hours, but preferably overnight, before consumption.

KEEP GATHERINGS SAFE

Barbeques and parties can be dangerous sources of foodborne illness. Improperly handled food, warm sun on potato salad, undercooked burgers and a buffet table all increase your risk.

Take steps to keep your parties and employees safe. Harmful bacteria multiply more rapidly between 4 and 60 °C, so be sure to keep cold food cold and hot food hot.

Remember that food shouldn't stay at room temperature for longer than two hours.



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