

## Video summary

**FSA Explains: *Salmonella* (Food Standards Agency):** Foods like meat, green vegetables, fruit and shellfish can all become contaminated with *Salmonella* bacteria, which live in the gut of farm animals. It is not possible to tell by look, smell, or taste, whether a food product is contaminated with *Salmonella*. Those most at risk from becoming seriously ill when infected include immunocompromised individuals, the young and the elderly. There are several ways to reduce the risk of contamination. Keep foods that need to be cooked separate from ready to eat products and wash fruit/vegetables before consuming. Ensure your fridge is working correctly (<5°C) to chill all foods, and store raw meat products, covered, on the bottom shelf. Ensure food is cooked through and piping hot and wash hands thoroughly after handling raw foods, using the bin, using the toilet, or touching pets.

**FSA Explains: *Campylobacter* (Food Standards Agency):** *Campylobacter* bacteria is the most common cause of food poisoning in the UK and most of these cases come from contaminated poultry. It is not possible to tell by look, smell or taste, whether a food product is contaminated with *Campylobacter* - *Campylobacter* spreads easily and even small amounts can make you ill. Symptoms include abdominal pain, severe diarrhoea and sometimes vomiting. Most people recover fully however it can be more serious for young people, those who are already ill, or the elderly.

To reduce contamination, handle chicken carefully and cook thoroughly until juices run clear. Avoid washing chicken as this can spread the bacteria through cross-contamination to surfaces and cooking equipment. Cover raw chicken and store at the bottom of the fridge. Wash and clean all cooking equipment and surfaces and wash hands with soap after handling chicken.

