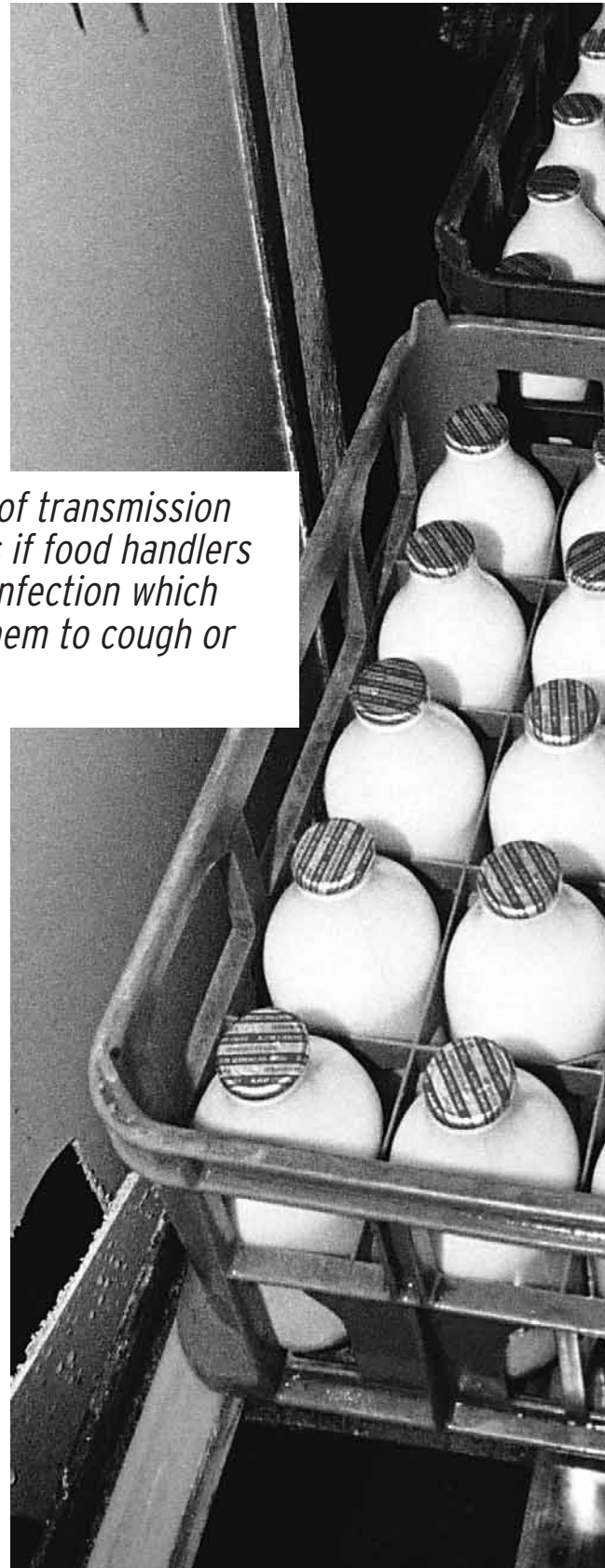




'The risk of transmission increases if food handlers have an infection which causes them to cough or sneeze.'



Staphylococcus aureus

If you go out for dinner, and are sick before you leave the restaurant, you've probably got Staphylococcus aureus food poisoning (assuming that it was the fancy meal that made you ill of course!). Staphylococcus aureus (or Staph aureus for short) food poisoning is a rapid onset illness which causes nausea, vomiting, stomach cramps and diarrhoea.

The onset of symptoms can be abrupt, usually within 1 to 7 hours but sometimes in as little as 30 minutes. The illness ranges in severity from mild in some to severe in others, particularly in the very young, the very old or those who have an impaired immune system. Most people recover in 1 to 3 days.

Where does Staph aureus come from?

Staph aureus is a common bacterium which is found on the skin and in the nose and throat of healthy people and animals. It is also found in the environment and can be present at high levels in unpasteurised milk.