

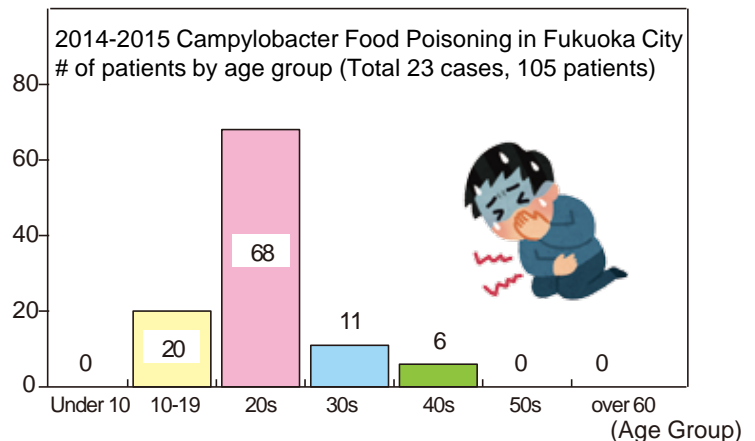
# Beware Food Poisoning Caused by Campylobacter! (Many cases are patients in their teens and 20s.)

Many incidents of food poisoning caused by campylobacter bacteria are reported in Fukuoka City every year.

Most instances are caused by eating chicken that is raw or not heated enough, such as raw chicken *sashimi* or seared chicken *tataki* at restaurants.

80% of patients are in their teens and 20s: a major characteristic of campylobacter food poisoning.

Campylobacter poisoning usually causes not only diarrhea, abdominal cramps, and fever, but also after-effects such as neurolegia.

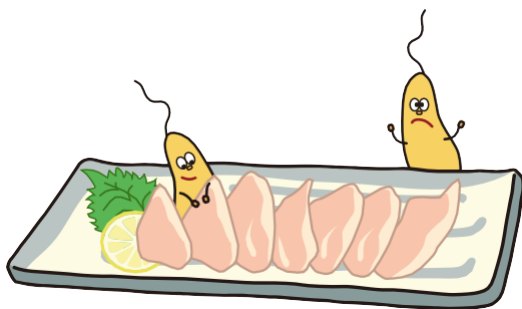


The key to avoiding campylobacter food poisoning is to **avoid raw and undercooked meat at restaurants.**

E.g. raw chicken, seared chicken, parboiled chicken, or chicken liver cooked rare

## Facts About Campylobacter

“It’s safe to eat raw meat when it’s fresh.” That is a mistake!



Research data shows 60% of chicken meat at supermarkets contains traces of campylobacter. Campylobacter can cause food poisoning regardless of the meat’s freshness. Its ability to cause food poisoning with minute traces of bacteria is one characteristic of campylobacter.

“If the meat has been frozen the bacteria will die.” This is also a mistake!

Campylobacter can be found even on frozen meat.  
The bacteria does not completely die by freezing

“The meat is safe if the surface has been seared.” Another mistake!

Parboiling and searing the chicken is not enough to kill campylobacter.

- For enquiries, please contact the Hygiene Section at your local Health & Welfare Center  
Higashi Ward Tel 645-1111 Fax 645-1114 Jonan Ward Tel 831-4219 Fax 843-2662  
Hakata Ward Tel 419-1126 Fax 434-0007 Sawara Ward Tel 851-6609 Fax 822-5733  
Chuo Ward Tel 761-7356 Fax 761-8280 Nishi Ward Tel 895-7095 Fax 891-9894  
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