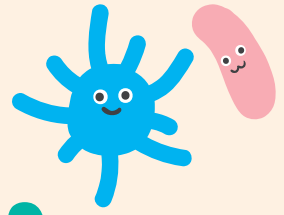


Know More about



‘Superbugs’

Hidden in Food

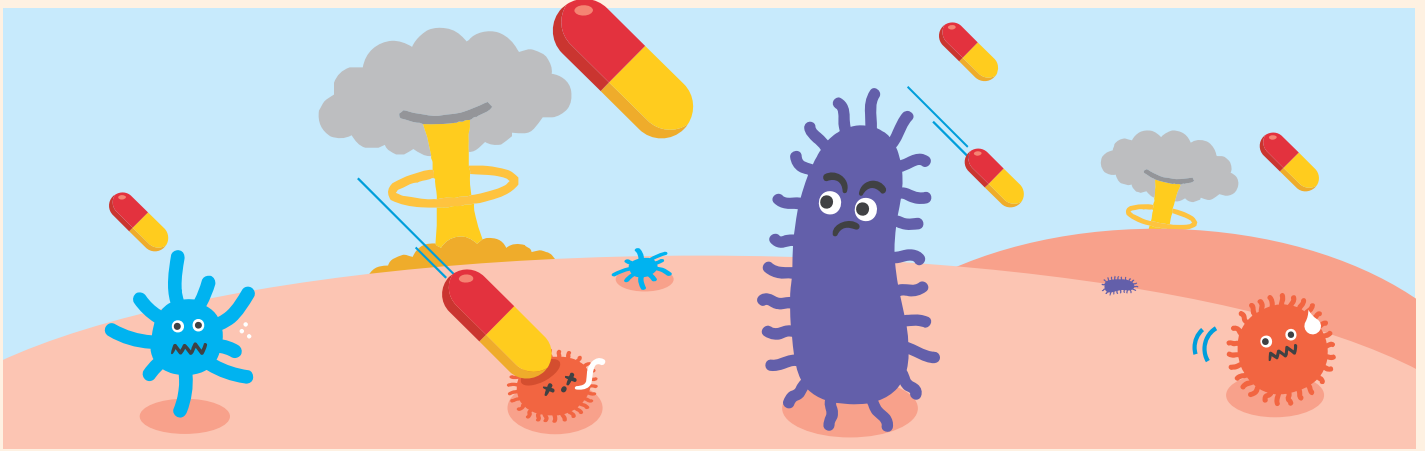


A Series on Antimicrobial Resistance

Bacteria are everywhere – in soil, water, plants, animals, people and food. There are 3 types of bacteria from the perspective of food safety:



Disease-causing bacteria cause food poisoning (foodborne diseases) that may need to be treated with antibiotics.



Antibiotics kill most bacteria, but some can survive and gain **antimicrobial resistance (AMR)**. They are known as the 'Superbugs'.

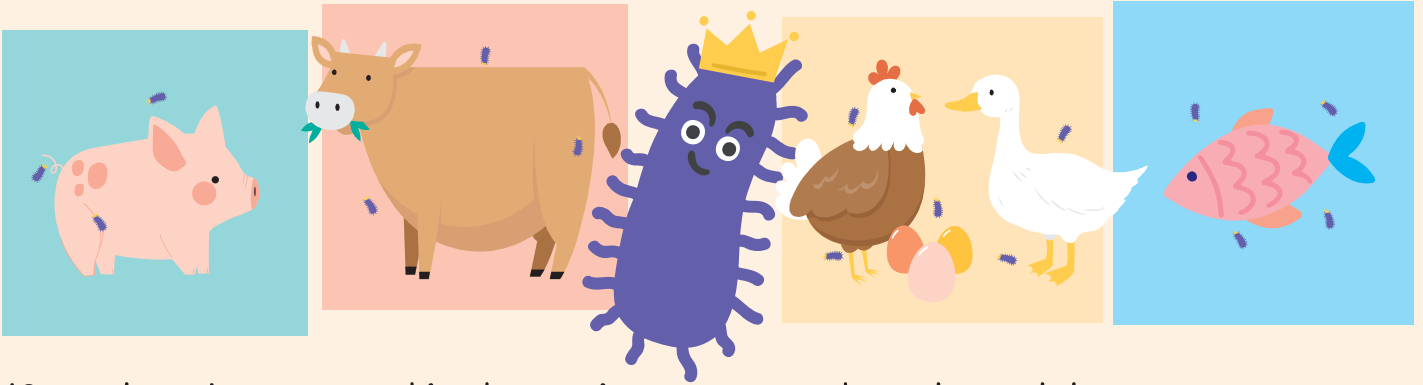
'Superbugs' can share resistance with all other bacteria.



'Superbugs' multiply and spread everywhere.



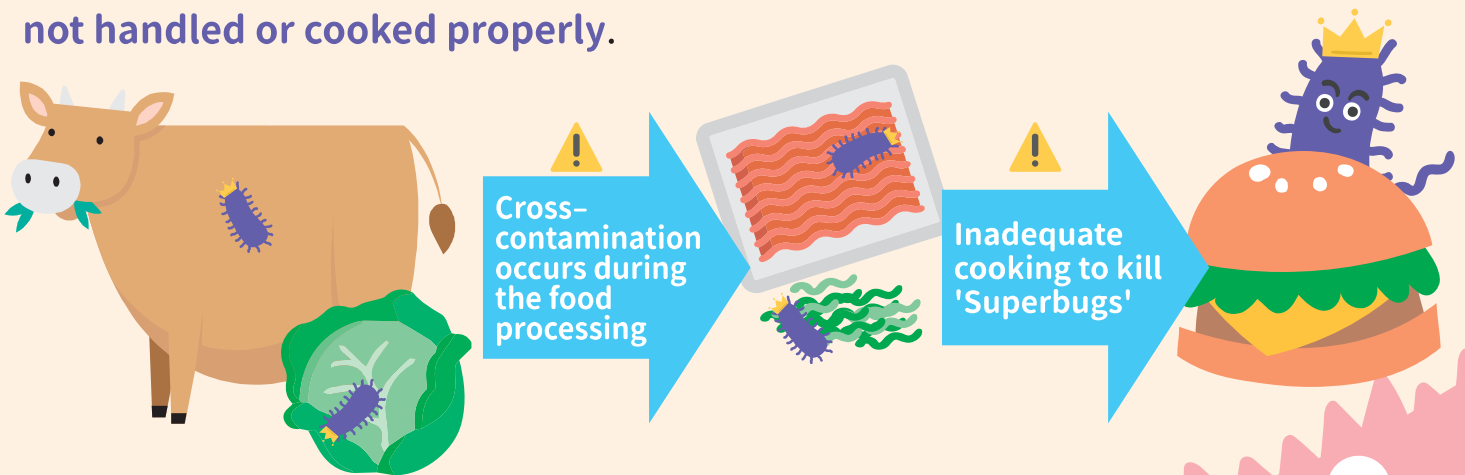
'Superbugs' can live in **food animals**, such as cattle, pig, poultry and fish.



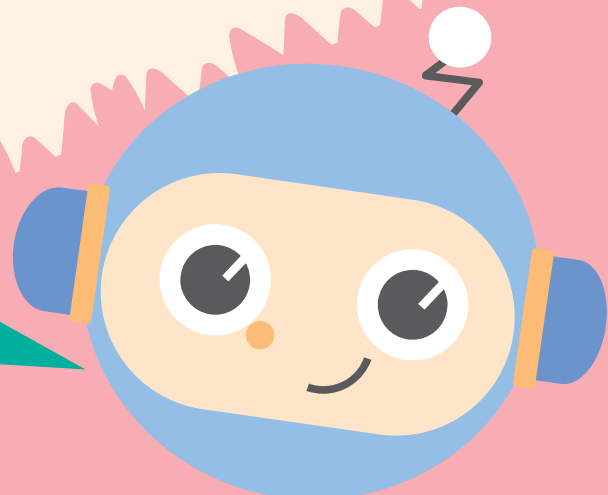
'Superbugs' can spread in the environment, such as through human faeces or animal manure, and contaminate **food plants**, including fruits and vegetables.



They can spread by eating contaminated food if the food is **not handled or cooked properly**.



The overuse and misuse of antibiotics in humans and animals leads to emergence of 'Superbugs', which can no longer be treated with antibiotics. **People will once again die from common infections.**



To protect yourself from 'Superbugs' in food, follow the Five Keys to Food Safety to prevent cross contamination and kill 'Superbugs', including:

1 CHOOSE



Use safe water and raw materials

2 CLEAN




Keep hands and utensils clean

3 SEPARATE



Separate raw and cooked food

4 COOK



Cook thoroughly to a core temperature of 75°C

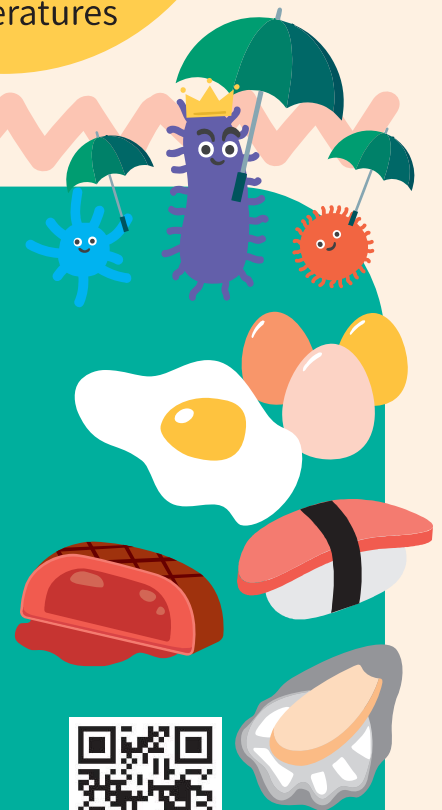
5 SAFE



Keep food at safe temperatures

What kind of food is riskier?

- ★ Foods of animal origin represent the major route of human exposure to foodborne pathogens with AMR.
- ★ **Raw or undercooked foods** are more likely to carry bacteria, including AMR bacteria, derived from the primary production than thoroughly cooked foods.
- ★ **Susceptible individuals**, including pregnant women, infants and young children, the elderly, and people with weakened immunity, are prone to contract foodborne pathogens, including 'Superbugs', by eating raw or undercooked foods, which **they should best avoid**.



Video on high-risk foods