

Staphylococcus Aureus



WHAT IS STAPHYLOCOCCUS AUREUS?

“Staphylococcus” is a bacterium found on the skin and hair and in the throats and noses of humans and animals alike. In fact, staphylococcus is present in 25 to 50 percent of healthy people. The risk results when the bacteria multiply and produce a heat-resistant toxin that causes human illness.



HOW IS STAPHYLOCOCCUS AUREUS CONTRACTED?

Staphylococcus is present everywhere you look. It can be found in air, dust, sewage, contaminated water, milk, foods, food equipment, humans and animals. The bacteria can be passed from person to person. Contamination often occurs when a food-handler or a food preparation surface contaminates a food product and the product is not properly refrigerated afterward. Examples include many salads, such as egg, chicken, potato, tuna, and macaroni salads, sandwiches, and bakery products.



RECOVERY AND LONG-TERM EFFECTS

Symptoms usually persist for two days, but may take longer to subside in more severe cases. To combat dehydration caused by the symptoms, fluids and rest are the most effective remedies. Death is rare, but some deaths have occurred among the elderly, infants, and immunocompromised or disabled individuals.



SYMPTOMS

The symptoms of this toxin include nausea, vomiting, diarrhea, severe stomach aches, fever, and loss of appetite. In severe infections, headaches, body aches, and an increased blood pressure may result. Symptoms of Staphylococcus Aureus food poisoning arise almost immediately, usual within one to six hours after ingestion of the bacteria.



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