

CAMPYLOBACTER

can cause serious illness for the over 65s.

To prevent food poisoning, always follow the **4Cs** when preparing chicken



Chilling



Cleaning



Avoid
Cross-contamination



Cooking

What is campylobacter?

Campylobacter is the most common bacterial cause of food poisoning in Scotland and is commonly spread by poor handling and preparation of raw chicken. Even one drop of juice from raw chicken can have enough campylobacter in it to infect a person.

Why are over 65s more at risk?

Anyone can contract campylobacter but over 65s are at greater risk of suffering from more serious side effects than younger people. This is due to the body's immune system weakening as people age, which increases the risk of getting food poisoning and can result in a serious illness requiring hospitalisation or even causing death.

How can campylobacter infection be prevented?

Just follow the 4Cs when cooking chicken to stay safe:

Chilling

Defrost chicken in the fridge in a covered container on the bottom shelf away from cooked foods. Always check chicken is fully defrosted before cooking.

Cleaning

Always wash hands in warm, soapy water after handling raw chicken. Effective cleaning removes bacteria on hands, equipment and surfaces, helping to stop campylobacter from spreading onto food.

Avoid Cross-contamination

Never wash raw chicken! This can splash harmful bacteria around the kitchen sink and surfaces. Use different chopping boards and utensils for raw chicken and ready-to-eat food. If you can't use different chopping boards and utensils, thoroughly wash them in hot, soapy water between use.

Cooking

Check the chicken is cooked to 75°C in the thickest part using a meat thermometer. Ensure there's no pink meat, the juices run clear and that it's steaming hot in the middle. This is the only way to ensure that harmful bacteria are killed.