

Who is at higher risk of food poisoning?

Anyone can get food poisoning. However, some people are more likely to become very unwell from it.



Age or life stage



Young children
(under 5)



Pregnant women



Older adults
(aged 65 and older)

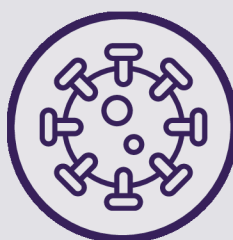
Certain medicines, treatments or health conditions



Liver disease



Cancer



HIV



Diabetes



Proton pump inhibitors



Kidney disease



Immunosuppressants

If you fit into more than one of these groups,
your risk of food poisoning is higher

Simple food safety steps can reduce your
risk of food poisoning:

- checking your fridge temperature is between 0°C and 5°C
- cooking food thoroughly until steaming hot
- following use-by dates

Food safety tips



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