

High attention points to mitigate food poisoning for travellers in hospitality staying at hotels & resorts

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Abstract

As a locality with many famous tourist attractions, Ho Chi Minh City annually welcomes millions of domestic and foreign tourists. Therefore, in order to ensure food safety, especially at tourist destinations, the health sector has implemented many measures to enhance food safety and hygiene, which is one of the important factors contributing to food safety to the local socio-economic development. Food poisoning is one of the worries of tourists when traveling. In mild cases, it will cause hangovers and discomfort in the abdomen, while severe cases without timely treatment can be life-threatening. However, how to eat to avoid food poisoning not everyone knows the secret. During the tourist season, the number of visitors increased dramatically, making many establishments and restaurants not as hygienic as usual. Besides, having to preserve too much food also makes the food source no longer guaranteed. This article is completed on the basis of comparison of research results and survey results. The results confirm the role of improving the quality of tourism services, referring to the role of the departments to avoid the risks of food poisoning and bring about a better life.

Keywords: food poisoning, health, tourist

1. Introduction

Currently, there are more and more restaurants with a rich culinary culture in our country. In addition to the delicious or eye-catching presentation of the dish, the issue of food safety needs to be paid great attention. The situation of restaurants or food businesses causing poisoning is no longer rare [1].

Food poisoning is a phenomenon where people are poisoned by eating food contaminated with bacteria or containing toxic substances or food that is corrupted, rancid or has preservatives, additives, etc. There are many cases that cause consumers to get food poisoning due to eating processed foods at restaurants or in restaurants. In order to overcome and prevent this situation, the law has certain penalties that food businesses should be aware of to avoid committing [2].

According to statistics from the Ministry of Health, from 2010-2019, Vietnam recorded 1,556 cases of food poisoning with more than 47,400 people infected, of which 40,190 cases required hospitalization and 271 deaths. Particularly in 2020, as of May 31, the whole country recorded 48 cases of food poisoning, causing more than 870 people to get sick, 824 people to be hospitalized for treatment and 22 people to die. The main cause of poisoning was determined to be food contaminated with microorganisms (33%), food contaminated with chemicals (27%), food containing natural toxins (37.5%). feed contaminated with pesticides (highly sprayed, not isolated from the harvest date) or additives such as borax, industrial colors, chemical sugars, etc. with high toxic residues [3].

2. Causes and symptoms of food poisoning

2.1 Cause of food poisoning

Food contains toxic additives such as preservatives, chemicals for coloring, flavoring, etc. Food itself contains natural toxins or is contaminated with toxins due to environmental pollution [4].

2.2 Types of food poisoning and symptoms

According to research experts, food poisoning can be divided into two types: acute poisoning and chronic poisoning. Acute poisoning is a form of poisoning that occurs immediately after eating with manifestations such as fatigue, dizziness, nausea, abdominal pain, bowel movements, etc. Food poisoning is very dangerous if the patient has severe gastrointestinal symptoms or is dehydrated, infected, or develops additional symptoms [4].

The first is a neurological disorder. The symptoms are blurred vision, double vision, difficulty speaking, slurred voice, muscle paralysis, convulsions, headache and dizziness.

The second is cardiovascular disorders. Symptoms are low blood pressure, arrhythmia, shortness of breath, blood or mucus in the stool, little urine, pain in places other than the abdomen (such as chest pain, neck pain, jaw pain, sore throat, etc.).

Next is the body's poor resistance. Especially in children under 2 years old, the elderly, people who are taking immunosuppressive drugs (usually used in joint diseases, cancer, allergies), malnourished people, stomach diseases, etc. duodenal ulcer, liver disease, pigment disorder.

Usually, acute symptoms of food poisoning will appear just minutes, hours or within 1-2 days after poisoning from food. Severe food poisoning can lead to death, mild also causes fatigue, both physical and mental exhaustion for the infected person. Therefore, self-protection is the first necessary measure to think about, in which equipping some important knowledge about first aid steps when suffering from food poisoning is extremely necessary.

Chronic poisoning is a form of poisoning that has no obvious signs and does not develop immediately after eating. In this form, toxins will accumulate in parts of the body, affecting metabolism, and in the long run, it will lead to cancer and other dangerous diseases [5].

3. Methods, subjects and scope of research

This study uses a quantitative method to collect data using a survey of students from several universities in Vietnam. Due to the specific nature of this method, there is still the possibility that due to external and internal factors, the quality of the final statistical results of the survey is not completely accurate. The survey was conducted with the support of experts in the food and tourism industry.

4. Research results

Recently, in Ho Chi Minh City, there have been a number of food poisoning cases in the community and schools. In order to reduce the risk of food poisoning, the city's functional departments and localities have been implementing many synchronous solutions, including strengthening the role of specialized agencies, local authorities.

Even so, poisoning cases do occur, although they are not common. According to the City Food Safety Management Board, from 2015 to August 2020, there were 25 cases of food poisoning in Ho Chi Minh City, with more than 200 people infected. The survey results show that most of the respondents are aware of the importance of hygiene and food safety in order to provide tourists.

In Vietnam, as well as many countries in the region, local roads are very popular because of their convenience and reasonable prices, meeting the needs of wage earners, students, students, tourists, etc. etc. Street food business is a type of cooked food business, the processing and circulation is mainly in the form of street goods sold on inner city streets, often crowded places such as bus stations; station; tourist areas; festive occasions. Local food products are often diversified in categories such as: vermicelli, pho, rice, beverage, confectionery, and fruit. However, the current reality of the food and beverage service business also exposes many risks of pollution, food poisoning and food-borne diseases to consumers. In addition, the sale is still mainly on the streets, the heart, the roadside, the street vendors have significantly affected the security, order and urban beauty. The foods chosen by tourists and diners vary widely and these foods are not always safe (Table 1).

Table 1. Diner's favorite dishes

N o	Impact factor	1	2	3	4	5	Total answer	Total marks	Influence level
1	Seafood (shrimp, fish, squid, etc.)	1	0	0	0	9	10	46	0.17

2	Raw vegetables like salad	2	0	4	2	2	10	32	0.12
3	Types of cakes	9	0	0	0	1	10	14	0.05
4	Fried foods	2	1	1	5	1	10	32	0.12
5	Barbecue	3	2	0	4	1	10	28	0.1
6	Fruits	2	1	4	1	2	10	31	0.11
7	Stir-fried foods	5	1	0	1	3	10	26	0.1
8	Various types of vermicelli	2	4	1	0	3	10	28	0.1
9	Rolled foods such as spring rolls	2	0	1	4	3	10	36	0.13
								273	1.00

Before this problem, many medical experts said that when going to eat at restaurants and eateries in tourist areas, tourists should learn about the dishes through the press, social networks or local people. Limit eating undercooked dishes such as raw vegetables, salads, rare meat, salads, etc. These dishes are at risk of infection with dangerous microorganisms and parasites [6].

The survey results show that the dishes they often eat are salads and seafood.

In addition, some seafood dishes, although a favorite food of many people, are also the source of some diseases such as vomiting, diarrhea, etc. Therefore, it is necessary to limit eating raw oysters, mussels and oysters. If using, eat foods that are well cooked and still hot. Especially with salads, blood pudding, etc. It's best not to try to avoid poisoning [7].

No one wants their outing to be disrupted just because of food safety issues. Therefore, we need to understand some principles after going out to protect the health of our digestive system best.

Food poisoning is one of the health problems that can be encountered on every occasion of travel. In mild cases, it will cause nausea and discomfort in the abdomen, while severe cases that are not taken to the hospital soon can be life-threatening [8].

Food poisoning can happen when you try foods that are too poisonous or too strange. Especially fresh dishes, eaten directly without being processed or some dishes from insects, raw vegetables, etc. Because you will not be able to know for sure if these are clean foods or not because they also have the potential to be infected with very toxic worms and flukes [5].

5. Some solutions

Therefore, in order to strengthen measures to ensure food safety for tourists, tourism agencies need to step up propaganda and raise awareness of producers, processors, traders, consumers about food safety; inspect, supervise, issue certificates of eligibility for food safety and hygiene to food production, processing and trading establishments according to management decentralization, etc. ; fully prepare conditions for equipment, drugs and chemicals to respond promptly when food poisoning occurs; strengthen the inspection, interdisciplinary and specialized inspection of the observance of the State's regulations on food safety and hygiene at food production, processing and trading establishments, promptly detecting, strictly handle establishments and enterprises that intentionally commit violations; at the same time praising and rewarding establishments and enterprises that well observe the State's regulations on food safety [9].

First of all, we need to continue promoting propaganda to change the perception from local leaders to the Commune Food Safety Steering Committee and people, thereby changing the behavior of production, selection and processing. Safe food preservation. Propagating objectively, honestly and promptly on food safety, especially typical violations and violations in various forms such as through the mass media, promoting the role of sponsors and unions, associations, professional associations [3].

Along with that, we need to pay attention to organizing training for staff working on food safety. Training and updating documents for food production, processing and trading establishments according to management decentralization. Building and developing production chains associated with product consumption, promoting the formation of safe food stores [4].

Localities need to find solutions for how when families organize their own meals for large numbers of people to report to local authorities and sign a commitment to ensure food safety. Functional units, such as health workers, must supervise the process of processing and preserving food. Food safety steering committees at district and provincial levels strengthen inspection, supervision, sampling for quality control and traceability, but also need to calculate to avoid overlap.

6. Conclusion

In summary, food production and trading establishments need to raise more responsibility towards consumers as food ingredients for processing must have clear origin, product origin, labels, service concept and styles etc. ensure the correct process of food processing and preservation, perform health checks, and attend training courses on food safety organized by specialized agencies. For each consumer, it is necessary to uphold the sense of responsibility in declaring and denouncing violations of food safety for food production and trading establishments, as well as boycotting the use of food products if does not guarantee food safety.

7. References

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