



PRESS RELEASE

March 2, 2023

FOR IMMEDIATE RELEASE:

Manchester Health Department Urges Residents to be Careful With Ackee Preparation

The Manchester Health Department is urging the public to be cautious in the preparation and consumption of ackee to avoid poisoning. Five cases of ackee poisoning have been reported in the parish in the past two weeks.

Medical Officer of Health for Manchester Dr. Nadine Williams explained that only fit and well opened ackees are to be used as ackee should be allowed to open naturally and fully on the tree before it is picked and eaten or sold.

“We are encouraging persons to be cautious in how they prepare the ackee. Improperly prepared ackee can lead to a high level of the hypoglycin toxin usually found in higher quantities in the unripe fruit and the seed and the pink or red membrane inside of the fit fruit. The seed and pink/red membrane should be removed, the ackee washed and then boiled by itself after which the water must be discarded” Dr. Williams said.

The Medical Officer of Health explained that the symptoms of ackee poisoning include vomiting, stomach cramps, abdominal pain, dizziness, diarrhoea and sweating.

“The blood sugar levels can fall to a critically low level leading to death. If these symptoms are experienced after an ackee meal, it is important to seek medical attention immediately and have a sweet drink on the way to the hospital” Dr. Williams added.

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For more information contact:
Public Relations Unit
Southern Regional Health Authority
Tel: 962-8232
Email: latoya.laylor@srha.gov.jm

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Mandeville Reg. Hospital
32 Hargreaves Avenue
Mandeville
Ph: (876) 962-2067/2744/1094
Fax: (876) 625-8493

May Pen Hospital
1 Muirhead Avenue
May Pen
Ph: (876) 986-2528/7708/6938
Fax: (876) 986-2650

Black River Hospital
45 High Street
Black River
Ph: (876) 965-2224/2212
(876) 634-3700
Fax: (876) 965-9294

Percy Junor Hospital
Spalding P.O.
Clarendon
Ph: (876) 964-1181/2222/2322
Fax: (876) 964-1548

Lionel Town Hospital
Bustamante Drive
Vere, Clarendon
Ph: (876) 986-3226
Fax: (876) 986-3373

Chapelton Hospital
Chapelton P.O.
Clarendon
Ph: (876) 987-2215

Manchester Health Dept.
Race Course Rd.
Mandeville
Ph: (876) 962-2288/7033
(876) 625-3433
Fax: (876) 962-2171

Clarendon Health Dept.
1-3 Jackson St. Denbigh
May Pen
Ph: (876) 986-7869
Fax: (876) 986-9713

St. Elizabeth Health Dept
High Street
Black River
Ph: (876) 965-9174-5
Fax: (876) 965-2701