

Food Poisoning

What is food poisoning?

Food poisoning is when person get sick after eating food contaminated with bacteria, a virus, or a parasite. The exact cause of food poisoning may not be known. Food poisoning most commonly happens when person eat raw or under cooked food. Meat, seafood and dairy products are common foods that can become contaminated.

What increases risk for food poisoning?

Babies, young children, and older adults are more likely to get food poisoning. Person may be at risk if you have a medical condition such as diabetes, cancer, or kidney problems. These conditions can make body too weak to fight off the germs that cause food poisoning.

What are the signs and symptoms of food poisoning?

- Diarrhea
- Abdominal cramps or pain
- Nausea and vomiting
- Fever
- Fatigue or weakness

How is food poisoning diagnosed?

- **A vomit or bowel movement sample** may be tested for the toxin that causes botulism.
- **Blood tests** may be used to check for bacteria or viruses that can cause food poisoning.

How is food poisoning treated?

- **Drink liquids as directed.** Patient need to drink liquids or an oral rehydrating solution (ORS) to prevent dehydration. An ORS contains a balance of water, salt, and sugar to replace body fluids lost during vomiting and diarrhea.
- **Eat bland foods.** eat something bland. Examples of bland foods are soup or broth. Do not have sugary drinks, caffeine, or alcohol. These may worsen your symptoms.
- **Medicines** may be given to slow or stop diarrhea, calm stomach, or fight a bacterial infection.

How can food poisoning be prevented?

- **Cook foods all the way through.** Cook eggs until the yolks are firm. Do not eat raw or undercooked poultry, seafood, or meat.
- **Clean thoroughly.** Wash your hands in warm, soapy water for 20 seconds before and after you handle or prepare foods. Wash your hands after you use the bathroom, change a diaper, or touch an animal.