



Food Poisoning

MU Patient Education Series

Definition:

Food poisoning is an illness that occurs when you consume food or water that contains harmful bacteria, parasites or other toxins. Stomach flu-like symptoms, including vomiting and diarrhea, can start just hours after you consume the contaminated food or water.

SIGNS/SYMPTOMS:

Typically, signs of food poisoning may occur within hours after consuming the infected substance or they may begin days to weeks later. The most common symptoms include:

- Headache
- Nausea
- Vomiting
- Diarrhea
- Weakness
- Abdominal cramping
- Dizziness
- Dehydration

TREATMENT/CARE:

Food poisoning is a condition that needs to run through your system. You need to flush your body with fluids and remove the contamination. It is important to control your diarrhea and vomiting and to get lots of rest. Since food poisoning causes you to lose a lot fluid, it is crucial that you drink an abundance of liquids. Lack of fluids can lead to dehydration. Medications are prescribed for certain types of food poisoning and/or if your symptoms are severe.



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CALL YOUR HEALTHCARE PROVIDER IF:

Food poisoning can be a serious condition. Losing fluids can be detrimental to your body, so it is important to drink lots of fluid! Food poisoning traditionally runs its course, and you will feel better in a few days, but if you are experiencing any of the following, call your healthcare provider:

- High fever (over 101.5 degrees F)
- Food poisoning from mushrooms or fish
- Blood in your stool
- Inability to keep any fluids down
- Dehydration
- Severe vomiting or diarrhea that lasts longer than three days
- Difficulty speaking or swallowing
- Double vision

DISCLAIMER:

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