

Food Poisoning Treatment

CALL 102 IF:

- You think the food poisoning may be from seafood or wild mushrooms.
- The person is severely dehydrated.

1. Control Nausea and Vomiting

- Avoid solid foods until vomiting ends. Then eat light, bland foods, such as saltine crackers, bananas, rice, or bread.
- Sipping liquids may help avoid vomiting.
- Don't eat fried, greasy, spicy, or sweet foods.
- Don't take anti-nausea or anti-diarrhea medication without asking your doctor. They have side effects and may make some kinds of diarrhea worse. Your doctor may give you anti-nausea medication if you are at risk of being dehydrated.

2. Prevent Dehydration

- Drink clear fluids, starting with small sips and gradually drinking more.
- If vomiting and diarrhea last more than 24 hours, drink an oral rehydration solution.

3. When to Call a Doctor

Call a doctor immediately if symptoms last more than 3 days or you have:

- Severe belly pain
- Fever

- Bloody diarrhea or dark stools
- Vomiting that is prolonged or bloody
- Signs of dehydration, such as dry mouth, decreased urination, dizziness, fatigue, or increased heart rate or breathing rate