

# Living Safely

with disabilities and special health needs

## Food Poisoning



Children's  
Specialized Hospital®

An RWJBarnabas Health facility



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Foodborne germs such as bacteria, parasites, or viruses, can grow very quickly in foods left at room temperature for more than two hours.



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Food poisoning can happen just a few hours after I consumed contaminated food.  
Some symptoms are nausea, vomiting, stomach cramps, diarrhea, and fever.  
Food poisoning can be serious.



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I shouldn't prepare food for others if I am feeling sick or have any type of respiratory illness or infection.



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Some people are at a higher risk for food poisoning. These groups include adults aged 65 and older, children younger than age 5, people whose immune systems are weakened by health conditions or medicine used to treat them. Some of these conditions include diabetes, liver or kidney disease, HIV/AIDS, cancer, and pregnant women.





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Food poisoning is preventable.

If at any time during the preparing/cooking process I am uncertain of something or think a food poisoning situation may have occurred, I shouldn't hesitate to get help from my local poison control center.

The number for me to call is 1-800-222-1222.

For more Living Safely resources, visit [www.rwjbh.org/cshlivingsafely](http://www.rwjbh.org/cshlivingsafely)

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from the New Jersey Poison Information and Education System ([www.njpies.org](http://www.njpies.org)).

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