

## Food Poisoning



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



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



Do not prepare food for others if you are feeling sick or have any type of respiratory illness or infection.

Continued on next page

## Food Poisoning – Continued from previous page.



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, including people with diabetes, liver or kidney disease, HIV/AIDS, or cancer
- Pregnant women



Food poisoning is preventable.



If at any time during the preparing/cooking process you are uncertain of something or think a food poisoning situation may have occurred, don't hesitate to get help from your local poison control center. Call 1-800-222-1222.

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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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