

What is Bacillus food poisoning?

Bacillus food poisoning is caused by the toxins produced by the bacteria *Bacillus cereus*.

Often, this foodborne intoxication is referred to as "Bacillus food poisoning."

Who can get this Bacillus food poisoning?

Anyone can get Bacillus food poisoning from:

- eating food that has been contaminated with the germ and has grown its toxin
 - generally, food stored at room temperature after being fully cooked has a greater chance of growing the germ.
 - it only takes a small amount of the germ to make someone sick.

Symptoms of Bacillus food poisoning:

Symptoms may begin between 1-16 hours after consuming contaminated food and usually only last for 1 day.

Symptoms may include:

- nausea
- vomiting
- diarrhea
- stomach cramps



What to do if you have symptoms:

Contact your health provider if you have concerns or questions about your health, especially if you have severe diarrhea or severe stomach cramping. They may ask you to submit a sample to diagnose Bacillus food poisoning.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

How to decrease your chance of getting Bacillus food poisoning:

The best way to prevent illness is to store food within safe temperatures.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop)



-Cook foods all the way

-Keep hot foods hot and cold foods cold

-Store all cooked foods refrigerated in a shallow container, within 2 hours of cooking



Treatment:

There is no specific medication, cure, or vaccine for Bacillus food poisoning.

Drink plenty of fluids to prevent dehydration. Dehydration can cause serious issues and may lead to hospitalization.

Antibiotics will not treat this illness and should not be taken.

