

# Staph Food Poisoning

(*Staphylococcus aureus* Foodborne Intoxication)

## What is Staph food poisoning?



- Staph food poisoning is caused by the toxins produced by the bacteria *Staphylococcus aureus*.
- A foodborne illness is caused by the ingestion of toxins produced by certain bacteria in foods.



## 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 Staph 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.

## Who can get Staph food poisoning?



Anyone can get Staph food poisoning from:

- eating food that has been contaminated with Staph bacteria and its toxin.
- it only takes a small amount of this germ to make someone sick.

## How to decrease your chance of getting Staph 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



## Symptoms of Staph food poisoning:

Symptoms may begin between 30 minutes and 8 hours after consuming contaminated food and usually only lasts for 1 day.

Symptoms may include:

- nausea
- vomiting
- diarrhea
- stomach cramps



## Treatment:



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

People ill from Staph food poisoning should 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.