



Common Symptoms of Foodborne Illness

- Nausea
- Vomiting
- Diarrhea
- Abdominal cramping
- Fever
- Headache
- Dehydration
- Blood or pus in the stools

When Should I Consult a Doctor?

The symptoms of foodborne illness often mimic those of so many other illnesses, especially the flu. The CDC suggests you consult a doctor when the following symptoms occur:

- “High” fever (over 101.5 F)
- Blood in stools
- Prolonged vomiting
- Diarrhea lasting more than 3 days
- Dehydration
 - Decrease in urination
 - Dry mouth and throat
 - Dizzy upon standing”

Handout for curriculum: “Food Safety is for Everyone” written and developed by:
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