



First Aid & CPR Training Group

food poisoning

We've all been there and it's never fun... eating bad food and paying the price for it a few hours later. It's estimated that 11 million Canadians experience food poisoning each year lasting from one day to one week. Those at greatest risk for food poisoning include young children, seniors, pregnant women and people with chronic medical conditions. Here are some ways to prevent food poisoning at home, as well as the signs and symptoms of food poisoning and how to treat it.

Prevention:

- Throw away food that may be contaminated
- Read product labels carefully and keep products in their original containers
- Don't thaw frozen foods at room temperatures – place them in the refrigerator
- Wash hands thoroughly and frequently while preparing food
- Use a separate cutting board and knife for raw foods and cooked foods
- Invest in a meat thermometer to determine when meat is cooked to the recommended internal temperature

Signs & Symptoms:

- Nausea
- Abdominal cramps
- Diarrhea
- Vomiting
- Headache
- Fever
- Dehydration

DID YOU KNOW?

For most people, food poisoning resolves quickly without treatment. Just keep drinking lots of fluid and replenish lost electrolytes.

Treatment:

- Replenish lost fluids with water and drinks with electrolytes (sodium & potassium)
- Stick to a diet of fluids only until vomiting and diarrhea stops
- Avoid drinking alcohol and caffeine
- Seek medical attention if:
 - o Symptoms last for more than two days
 - o The victim is under 3 years old or pregnant
 - o The victim can't keep any liquids down
 - o The victim has a disease or illness that weakens their immune system

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.



First Aid & CPR Training Group

www.onsitefirstaid.ca | 416.986.2551