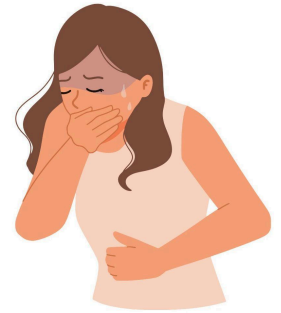
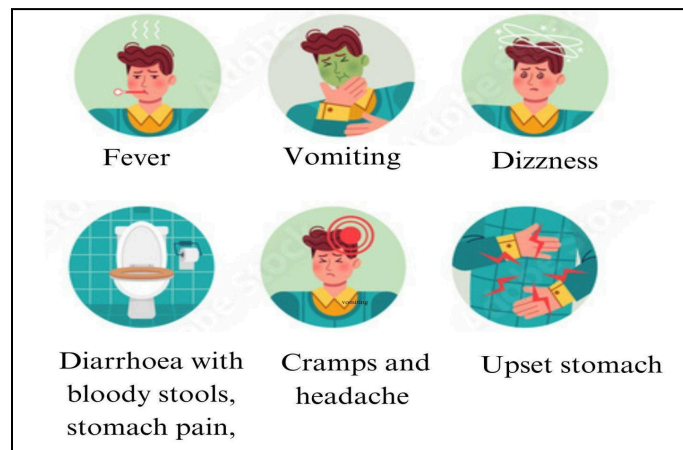


Dealing with Food Poisoning - What to Watch for and How to Recover

Food poisoning is an unfortunate and often unsettling experience that can happen to anyone, anywhere. It occurs when we consume contaminated food, water or beverages containing harmful substances, germs or toxins. Symptoms often include an upset stomach, diarrhoea and vomiting. It could start within hours or take several days after eating the contaminated food. Most people have mild symptoms, but sometimes food poisoning causes severe illness or complications.



Common Symptoms Includes:

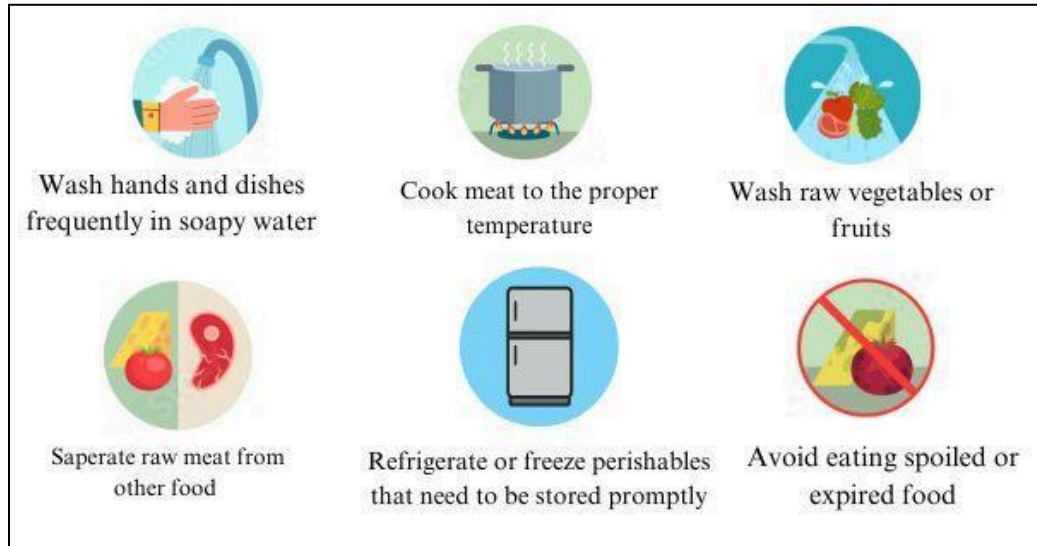


Immediate First Aid Relief:

- **Stay hydrated** by drinking plenty of fluids like water and ORS. Avoid caffeinated, aerated or alcoholic beverages
- **Rest:** Give your body time to recover by getting plenty of rest
- **Eat light food** that is soft and easy to digest, such as well-cooked rice, curd, bananas, etc, when you are hungry. Avoid other dairy products, meat and spicy food.
- **Do not be afraid** of vomiting or loose stools, as this is a natural method of flushing out toxins from your body. However, if the symptoms do not subside within a day, seek medical advice.
- **Maintain proper hygiene:** Wash your hands thoroughly and frequently, especially after using the restroom and before handling food.

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To Prevent Food Poisoning, Do the Following:



Consult a Doctor When:

- Your fever goes above 100.4 degrees.
- You see blood in your vomit or stool.
- Your diarrhoea lasts for more than three days.
- You have neurological symptoms like tingling limbs or blurry vision.
- You experience severe dehydration

The doctors may prescribe [antibiotics](#) or give IV fluids to rehydrate your body.

To know more:

- [Indian First Aid manual, Food poisoning](#) (Page 163)