FOOD POISONING
Learn ways to keep yourself and your family safe.

SYMPTOMS YOU MAY FEEL
- Fever
- Upset stomach
- Stomach cramps
- Nausea

WHEN YOU SHOULD SEE A DOCTOR
- High fever
- Throwing up
- Bloody stool
- Feeling dizzy when you stand up
If you are feeling any of these, please see a doctor.

FOODS TO LOOK OUT FOR
- Raw meat
- Raw Sprouts
- Shellfish

TREATMENT
- Drink lots of water
- Symptoms often get better on their own within two days
- See your doctor for medical advice if symptoms become worse

HOW YOU CAN PREVENT GETTING SICK
- Cook foods until done
- Wash your hands before & after touching raw foods
- Keep cooking supplies and surfaces clean
- Put your food back into the fridge ASAP

Prepare Carefully. Enjoy Safely!

For Michigan residents with questions, call the MiDPC at: (313)-486-0078.

For 24/7 Poison Expert Help, call the Poison Help line.

*Authors: Western Michigan University, Z. A. Elliott & Oshun Feitas (Students) Health Literacy Practices, Spring 2022