



JUNE 2021

FOOD POISONING

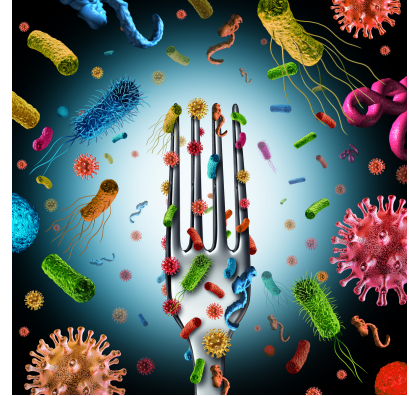
NEDERLAND INDEPENDENT SCHOOL DISTRICT
NEWSLETTER



WHAT CAUSES IT?

The most common causes of food poisoning are viruses, bacteria, parasites, and other harmful organisms.

These harmful organisms can contaminate food and get people who eat this food sick.



SYMPTOMS

The symptoms of food poisoning will depend on what caused the sickness. Symptoms may include:

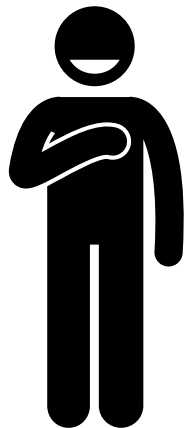
- Nausea
- Vomiting
- Diarrhea
- Stomach-ache and cramps
- Fever



HOW TO RELIEVE ITS SYMPTOMS?

Food poisoning usually resolves itself within 48 hours. The following are things you can do from home to alleviate symptoms meanwhile:

- Allow your stomach to settle by not eating or drinking for a few hours.
- Stay hydrated by drinking small sips of water.
- Slowly begin to eat bland and easy-to-digest foods.
- Avoid dairy products, caffeine, and fatty or highly seasoned foods until you feel better.
- Rest!



For more information, visit:

<https://www.mayoclinic.org/diseases-conditions/food-poisoning/symptoms-causes/syc-20356230>

<https://www.niddk.nih.gov/health-information/digestive-diseases/food-poisoning/treatment>

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LAMAR UNIVERSITY DIETETIC INTERNSHIP 2020-2021