

# First Aid for Food poisoning

## Quick Response for Food Poisoning

Food poisoning is an unfortunate and often unsettling experience that can affect anyone anywhere. It occurs when we consume contaminated food, water, or beverages containing harmful substances, germs, or toxins. Symptoms often include upset stomach, diarrhea, 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.

### First Aid can provide immediate relief:

Symptoms	First Aid
<ul style="list-style-type: none"> <li>● Diarrhea, which may contain blood</li> <li>● Nausea</li> <li>● Abdominal pain</li> <li>● Vomiting</li> <li>● Dehydration</li> </ul> <p><b>If you are very dehydrated, you might notice:</b></p> <ul style="list-style-type: none"> <li>● Feeling lightheaded or faint, especially when you stand up</li> <li>● Fatigue</li> <li>● Dark-colored urine</li> <li>● Less frequent urination</li> <li>● Excessive thirst</li> </ul>	<ul style="list-style-type: none"> <li>● Stay hydrated by drinking plenty of fluids like water and ORS. Avoid caffeinated, aerated, or alcoholic beverages</li> <li>● <b>Rest:</b> Give your body time to recover by getting plenty of rest. Do not do strenuous activities.</li> <li>● Begin to eat light food that is soft, easy to digest well-cooked rice, curds, bananas, etc when you are hungry. Avoid other dairy products, meat, and spicy food.</li> <li>● Do not be afraid of vomiting or diarrhea as this is a natural method of flushing out toxins from your body. However if the symptoms do not subside within 1 day, seek medical attention.</li> <li>● <b>Maintain proper hygiene:</b> Wash your hands thoroughly and frequently, especially after using the restroom and before handling food.</li> </ul>

**Seek emergency medical assistance if you have severe symptoms, such as severe abdominal pain or watery diarrhea that contains blood within 24 hours and vomiting persists for more than two days.**

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**To know more:**

- [List of emergency numbers in India](#)
- [How long does food poisoning last and what to do about it](#)
- [Indian First Aid manual 2016 \(7th edition\) Authorized manual \(page 163\)](#)
- [Handling Emergencies at Home with First Aid](#)

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