



BACILLUS CEREUS

WHAT IS BACILLUS CEREUS?

- B. cereus is a type of bacteria that produces toxins. These bacteria are present in foods and can multiply quickly at room temperature. These toxins can cause two types of illness: one type characterized by diarrhea and the other, called emetic toxin, by nausea and vomiting.
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WHAT ARE THE COMMON FOOD SOURCES OF C. PERFRINGENS?

- A variety of foods, particularly rice and leftovers, as well as sauces, soups and other prepared foods that have sat out too long at room temperature.

SYMPTOMS

- Watery diarrhea
- Abdominal cramps
- Nausea/Vomiting
- People infected with B. cereus typically develop diarrhea 6 to 15 hours.
- Vomiting may begin within 30 minutes to 6 hours.
- The illness typically lasts for 24 hours.
- The illness is not passed from person to person.

TREATMENT

- Fluids and electrolyte replacement can be used to prevent or treat dehydration. Antibiotics are not recommended. Discuss treatment options with your doctor.

PREVENTION

- Cook and keep food at the correct temperature. Food should be cooked to a safe internal temperature, and then kept at 140°F (60° C) or warmer. Meat dishes should be served hot, within 2 hours after cooking.
- Refrigerate leftovers and reheat them properly. Leftover foods should be refrigerated at 40°F or colder as soon as possible and within 2 hours of preparation
- When in doubt, throw it out. Foods that have dangerous bacteria in them may not taste, smell or look different. Any food that has been left out for too long may be dangerous to eat, even if it looks acceptable.