

What is a *C. perfringens* food poisoning?

Often, *C. perfringens* is a foodborne intoxication referred to as "*C. perfringens* food poisoning."

- *C. perfringens* food poisoning is caused by the toxins produced by the bacteria *Clostridium Perfringens*.

Who can get *C. perfringens* food poisoning?

Anyone can become sick from this food poisoning. It only takes a small amount of the toxin to make someone sick.

People can get *C. perfringens* food poisoning from:

- eating food that has been contaminated with this bacteria and has grown its toxin.
 - common foods that are contaminated are foods that have been prepared in large batches and not stored at a proper temperature.

Symptoms of *C. perfringens* food poisoning:

Symptoms may begin between 6-24 hours after consuming spoiled food and usually only lasts for 1 day.

Symptoms may include:

- nausea
- diarrhea
- stomach cramps



What to do if you have symptoms:

Contact your health provider if you have concerns or questions about your health, especially if you have severe diarrhea or severe stomach cramping. They may ask you to submit a sample to diagnose *C. Perfringens* food poisoning.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

How to prevent becoming ill from *C. perfringens* food poisoning:

The best way to prevent illness is to store food within safe temperatures.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food

-Cook foods all the way.

-Keep hot foods hot and cold foods cold

-Store all cooked foods in a refrigerator in a shallow container, within 2 hours of cooking



Treatment:

There is no specific medication, cure, or vaccine for *C. perfringens* food poisoning.

People ill from this food poisoning should drink plenty of fluids to prevent dehydration. Dehydration can cause serious issues and may lead to going to the hospital.

