C. perfringens Food Poisoning NEBRASKA

(Clostridium Perfringens Foodborne Intoxication)

Good Life. Great Mission.

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 it's 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:

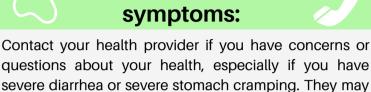
- nausea
- diarrhea
- · stomach cramps





food poisoning.

What to do if you have symptoms:



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.

ask you to submit a sample to diagnose C. Perfringens

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.