



Better safe than sorry when it comes to treating a foodborne illness

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Sometimes an upset stomach can develop into severe internal problems if left untreated.

Symptoms of foodborne illness can include stomach pains, nausea, fever, and diarrhea. Consult a healthcare provider when any of the following is present with diarrhea:

- High fever- a temperature over 101.5°F
- Blood in the stools (bloody diarrhea)
- Prolonged vomiting, which prevents keeping even liquids down (this can lead to dehydration)
- Signs of severe dehydration, such as dry mouth, decreased urination, dizziness, fatigue, sticky saliva, sunken eyes, low blood pressure or increased heart rate and/or breathing rate
- Confusion or difficulty reasoning

— OR —

Adults: Diarrhea that lasts more than 3 days

Children: Diarrhea that lasts more than 24 hours

Note: *Trust your instincts with your children's symptoms. You know your child best.*

[Keep this in mind if you think you're sick.](#)

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