

Bacillus cereus

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| Sources | 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. |
| Incubation period | <ul style="list-style-type: none">• Diarrheal: 6-15 hours• Emetic (vomiting): 30 minutes to 6 hours |
| Symptoms | <ul style="list-style-type: none">• Diarrheal: Watery diarrhea and abdominal cramps• Emetic (vomiting): Nausea and vomiting |
| Duration of illness | 24 hours |
| What to do | Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor. |
| Prevention | <ul style="list-style-type: none">• If food is to be stored longer than two hours, keep hot foods hot (over 140°F (60°C) and cold foods cold (40°F (4°C) or under)• Store cooked food in a wide, shallow container and refrigerate as soon as possible. |

Date Last Reviewed September 19, 2023