### Bacillus cereus

<table>
<thead>
<tr>
<th>Sources</th>
<th>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.</th>
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</thead>
</table>
| Incubation period | • Diarrheal: 6-15 hours  
• Emetic (vomiting): 30 minutes to 6 hours |
| Symptoms | • 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 | • If food is to be stored longer than two hours, keep hot foods hot (over 140°F) and cold foods cold (40°F or under)  
• Store cooked food in a wide, shallow container and refrigerate as soon as possible. |