

## *Bacillus cereus*

<b>Sources</b>	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.
<b>Incubation period</b>	<ul style="list-style-type: none"><li>• Diarrheal: 6-15 hours</li><li>• Emetic (vomiting): 30 minutes to 6 hours</li></ul>
<b>Symptoms</b>	<ul style="list-style-type: none"><li>• Diarrheal: Watery diarrhea and abdominal cramps</li><li>• Emetic (vomiting): Nausea and vomiting</li></ul>
<b>Duration of illness</b>	24 hours
<b>What to do</b>	Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor.
<b>Prevention</b>	<ul style="list-style-type: none"><li>• 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)</li><li>• Store cooked food in a wide, shallow container and refrigerate as soon as possible.</li></ul>

Date Last Reviewed September 19, 2023