**Food Poisoning: In Short**

Food poisoning in simple terms are food borne illnesses that are caused by eating contaminated food. The onset of symptoms are often very sudden, and can initiate within an hour of eating stale eatable items and vary according to age.

Moreover, each victim may experience different symptoms such as pain in the stomach, gas due to undigested food, nausea, headache and fever.

Sometimes there may be an infection in the throat due to vomiting, or diarrhea with a watery discharge that is sometimes accompanied with blood.

**Effective First Aid Treatment for Food Poisoning**

Though most food poisoning cases can be attended with these emergency treatment and first aid measures, serious food contamination victims have to be hospitalized immediately to prevent further chronic health problems.

- Diarrhea and vomiting decrease water level in the body hence drink plenty of water.
- Water level can also be compensated by having light fruit juices.
- Avoid eating solid food items as vomiting may invoke again.
- Start with plain eatables that are easily digestible in strictly small amounts.
- Avoid alcohol, caffeinated and sugar-rich drinks.
- Stay away from spicy and stale foods.
- Over the counter medications are safe if used under medical supervision.
Seek immediate medical help if symptoms do not go away or worsen even after administering first aid for food poisoning.

**Steps to Prevent Food Borne Illnesses:**

- Always wash your hands with soap before handling any eatable items.
- Thoroughly wash hands after touching raw meat and poultry products.
- Sanitize each and every utensil in warm water before and after cooking.
- Check whether meat, beef and eggs are thoroughly cooked.
- Develop a habit of washing vegetables and fruits before eating.
- Do not eat items made from unpasteurized milk.

**Dehydration** may induce serious health related problems hence the first and foremost concern is to stop further loss of water from the body.