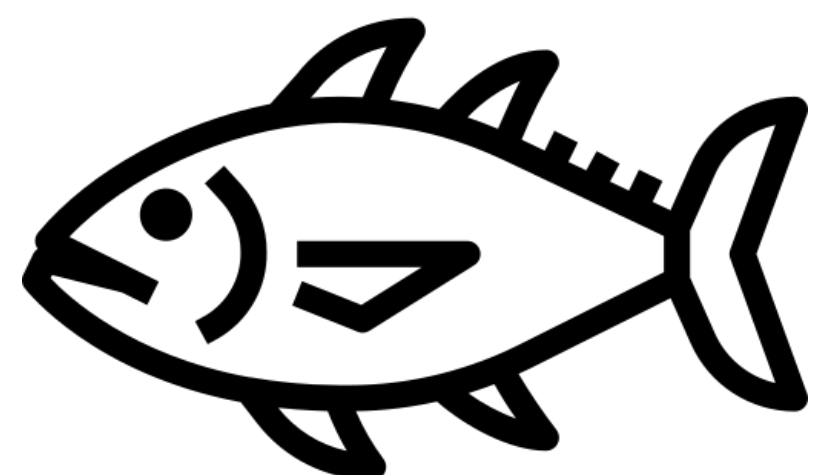




# Scombroid Poisoning

## Fact Sheet



Scombroid poisoning is caused by eating certain types of fish that were not properly refrigerated. This causes bacteria to grow and produce scombroid toxin (poison).

## Signs and Symptoms



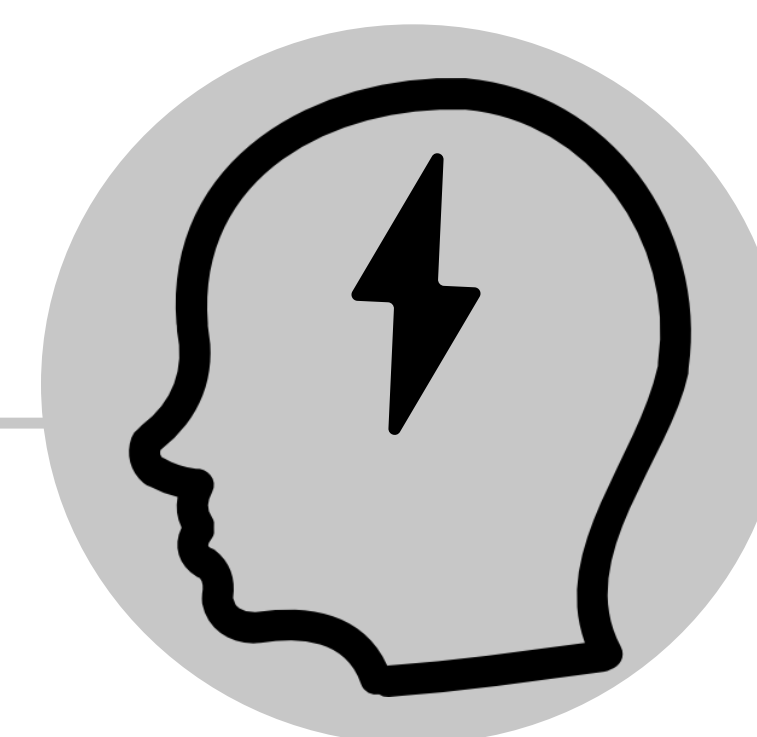
Diarrhea



Skin Rash



Nausea and Vomiting



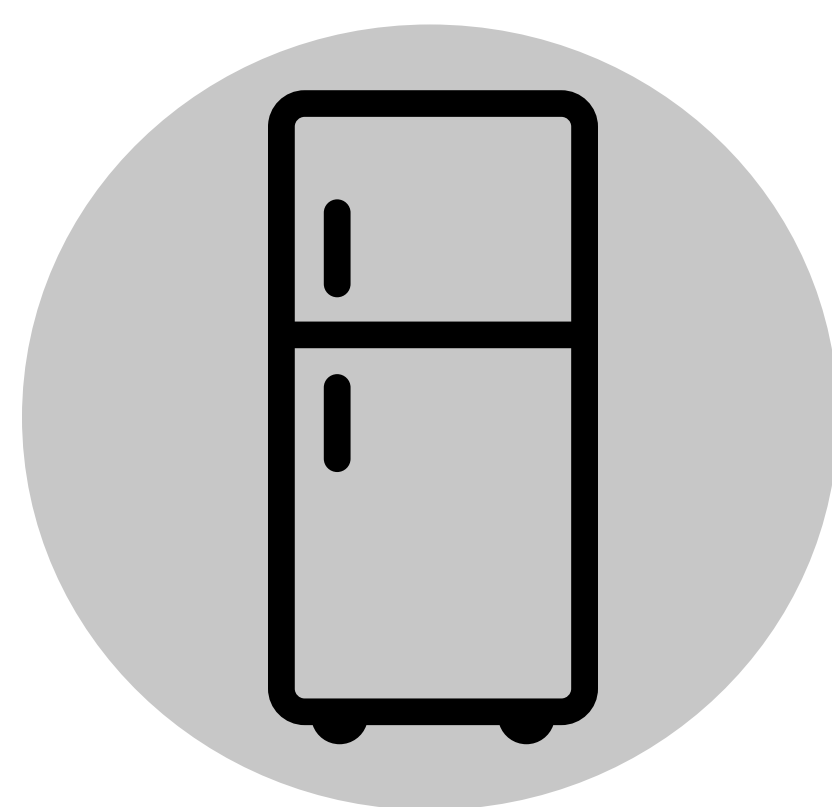
Headache

Symptoms usually begin quickly, about 30 minutes to 1 hour after ingesting the toxin. Other symptoms include itching, hives, a burning sensation in the mouth, fever, and stomach pain. Severe reactions include dropping blood pressure, racing heart, and wheezing. Symptoms usually last about three hours, but some people experience discomfort for a few days.



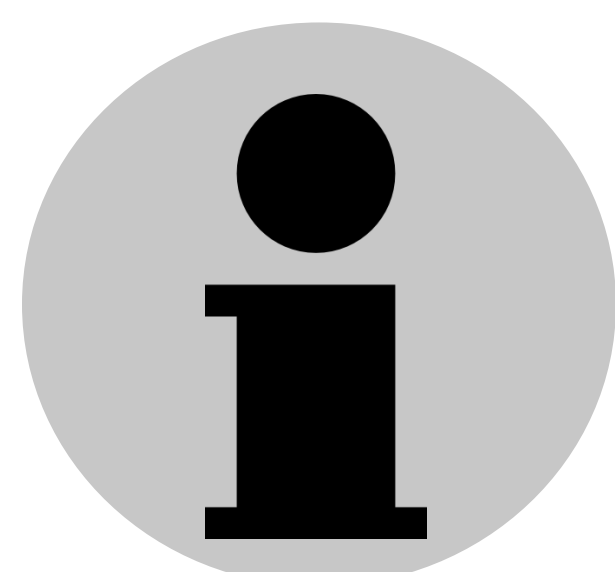
Talk to your healthcare provider about treatment with over-the-counter medications. Severe or prolonged reaction requires medical treatment as soon as possible.

## Prevention



Refrigerate, ice, or freeze fresh fish as soon as it is caught or purchased until it is cooked and eaten. The type of toxin that causes scombroid is not destroyed by heat, so even thoroughly cooked fish is a risk if it is mishandled before cooking.

## For More Information, Visit



1. <https://wwwnc.cdc.gov/travel/page/fish-poisoning-ciguatera-scombroid>

You can also call Maine CDC at 1-800-821-5821.