FoodSafety.gov

Bacillus cereus

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	• 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 (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.

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