



## Signs and symptoms

The most common signs are:

- nausea, vomiting, diarrhea, stomach pains.
- a numb or “prickly” feeling around your lips, nose, hands, feet and skin.
- a burning sensation when you touch cold water.
- pain in your muscles and joints.



## Treatment

- There is still no treatment for ciguatera, although many island communities often turn to traditional herbal remedies. Your doctor can prescribe remedies to relieve discomfort or pain.
- A specific diet, mostly excluding marine products, red meat, alcohol, and nuts must be adopted to avoid aggravating the symptoms or reappearance during the first month or as long as the symptoms persist.



## How to take action?

Here is how to minimize your risk of getting ciguatera poisoning:



- Do not eat fish harvested from areas known to have ciguatera fish poisoning.



- Space out the consumption of risky fish species.



- As soon as you catch a fish, cut off its head and remove the guts and other internal organs. They are the most toxic parts.