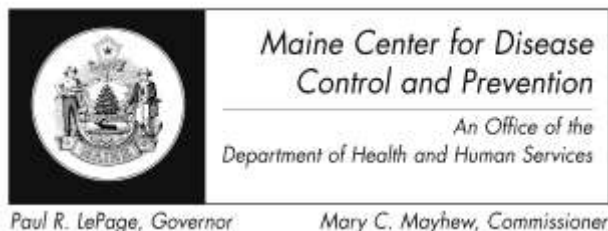


# Diarrhetic Shellfish Poisoning Fact Sheet



## What is Diarrhetic Shellfish Poisoning (DSP)?

DSP is caused by certain toxins produced by marine organisms. These organisms, in large concentration, are often referred to as “harmful algal blooms” (HAB’s) and can produce “marine biotoxins”. The toxins are naturally occurring chemicals that can contaminate certain seafood. The seafood contaminated with these chemicals frequently looks, smells, and tastes normal. When humans eat such seafood, poisoning can result.

## How is DSP transmitted?

When there is a large concentration of these toxins certain types of shellfish may be contaminated. These include shellfish with two shells, such as mussels, cockles, clams and oysters, as well as the digestive tissues of scallops and the digestive tissues (tomalley) of lobsters and crabs. An individual may get DSP if any of these shellfish are consumed primarily from April through October. **Cooking this contaminated shellfish does not kill the toxin.**

## What are the symptoms of DSP?

Gastrointestinal (GI) symptoms including: nausea, vomiting, abdominal pain, and diarrhea. Symptoms can become severe but often resolve without supportive care.

## When do symptoms appear?

Symptoms begin within 30 minutes to a few hours of eating the contaminated shellfish but generally do not last longer than 2-3 days. Persons with GI symptoms after consuming shellfish should also be checked for bacterial and viral illness if symptoms persist.

## What is the treatment for DSP?

There is no treatment, only supportive care of symptoms as needed.

## Who can get DSP?

Any individual that eats contaminated shellfish can get sick.

## What can be done to prevent DSP?

- Check with local health officials before collecting shellfish, and look for Department of Marine Resources advisories about algal blooms, or accessed at [http://www.maine.gov/dmr/rm/public\\_health/index.htm](http://www.maine.gov/dmr/rm/public_health/index.htm) or the Hotline at 1-800-232-4733.
- Do not eat finfish or shellfish sold as bait. Bait products do not need to meet the same food safety regulations as seafood for human consumption.
- Do not harvest shellfish from floating containers or harvested from open ocean.
- Consume shellfish from certified dealers only.

## What other shellfish toxins cause illness and where can I get more information?

For more information contact your healthcare provider or local health center. You can also go to the Maine Department of Marine Resources site at <http://www.maine.gov/dmr/index.htm>, the Maine Center for Disease Control and Prevention at [www.maine.gov/idepi](http://www.maine.gov/idepi) or call 1-800-821-5821. The federal Centers for Disease Control and Prevention website <http://www.cdc.gov> is another excellent source of health information.