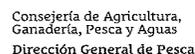


EUROCIGUA

Eurocigua is a project co-funded by the European Food Safety Authority (EFSA) and 14 European organizations. The project focuses on the characterization of the risk of ciguatera food poisoning (CFP) in Europe and aims to:

- Respond to the **scarcity** of **standards** and **reference materials**;
- Establish **reliable** methods to **identify and quantify ciguatoxins** in fish and microalgae;
- Understand the **temporal and spatial distribution** of *Gambierdiscus* spp. in **EU waters**;
- Evaluate the **toxicity** of CTX-type populations of *Gambierdiscus* spp.
- To assess the possible presence of **CTX** in fish, in **EU waters**;
- Determine the **incidence and epidemiological characteristics** of **ciguatera cases** in Europe.



But Remember:

Eating fish is good for your health!

CIGUATERA FOOD POISONING

GP/EFSA/AFSCO/2015/03

EuroCigua



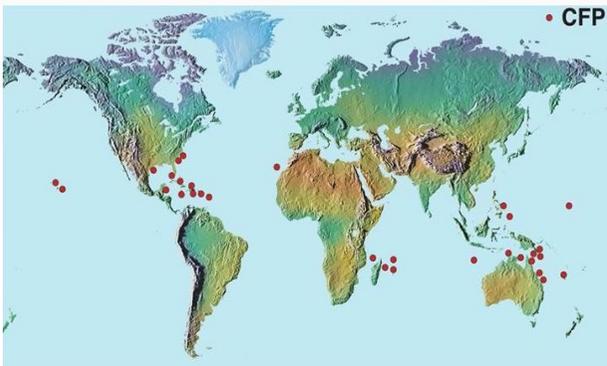
**LEARN MORE ABOUT CIGUATERA
RECOGNIZE THE SYMPTOMS
&
HOW TO PREVENT IT**



Ciguatera is a food poisoning caused by the ingestion of fish that are contaminated by **ciguatera toxins**.

The fish involved in this illness have accumulated ciguatoxins produced by microalgae, whose habitat is the warm waters of coral reefs, such as Caribbean Sea and Pacific and Indian Oceans (endemic areas).

Since 2008, in Europe several cases of Ciguatera food poisoning were reported by travelers from endemic countries. Autochthonous cases of this illness were also reported in Madeira and in the Canary Islands, as well as several outbreaks, accounting for almost 100 cases in the last years.



Worldwide distribution of Ciguatera

Despite rare and low risk, be aware of the main symptoms:

Gastrointestinal Symptoms	Abdominal pain, nausea, vomiting, dehydration and severe diarrhea.
Cardiovascular Symptoms	Irregular pulse, low blood pressure and Bradycardia
Neurological Symptoms	Allodynia (burning pain caused by a normally innocuous cold stimulus), itching, dysesthesia, loss of sensation in the extremities "tingling"
Other Symptoms	Persistent general weakness, muscle and joint pains, headaches, dizziness, tremors, severe sweating.

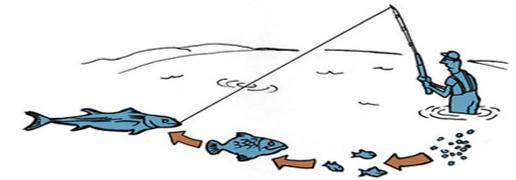
If you feel any of those symptoms after eating fish and/or if you returned from Ciguatera endemic countries:

Contact your medical center and tell them about your symptoms!

If the medical doctor suspect of a ciguatera outbreak, it should be reported for due investigation

Please note the following precautions in areas at risk to minimize the risk of food poisoning:

- *Risk may increase in larger fish.*
- *Avoid eating viscera (including liver), eggs, skin and fish heads.*
- *If you are fisherman, avoid fishing in areas suspected of being contaminated by microalgae.*



Source: <http://www.fish.wa.gov.au/>

These precautions should be taken into account throughout the year as Ciguatera poisoning is not seasonal.

Ciguatoxin is temperature-stable, so it is not destroyed by cooking or by freezing. Furthermore, it is colorless, odorless and flavorless which hinders its perception!