



Gathering Evidence

Department of Health and Human Services



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The first step in solving any mystery is to gather evidence. Doctors and nurses gather evidence from sick people to find out if food made them ill. It is important for people to tell their doctors about all the food they ate before they got sick. Many times doctors collect samples from feces (poop), blood, and even fluid inside the backbone, called spinal fluid, to be sent to the laboratory and tested for bacteria.