

Common Types of Food Poisoning

Disease-Causing Organism & Incubation Period	Main Sources of Infection (Food Usually Contaminated)	Symptoms
<p>Salmonellosis <i>Salmonella</i> species</p> <p>6 to 72 hours (usually 18 to 36 hours)</p>	<p>Raw or undercooked poultry, meat, eggs, prepared food; meat contaminated by feces; food handlers with poor hygiene. Contact with contaminated food (raw chicken, meat) can spread salmonella to other items (cooked or ready to eat dishes, salad) via countertops, cutting boards, utensils, hands. Survives inadequate cooking and may grow and multiply in cooked meat, poultry, stuffing, gravy and fish.</p>	<p>Diarrhea, abdominal cramps, mild fever, nausea, most severe in the very young and elderly. Can be fatal in infants, the elderly and people with depressed immune systems. Most severe if acquired from fatty food (e.g., cheese, hamburger, salami, hot dogs, chocolate).</p>
<p>Staphylococcal Food Poisoning <i>Staphylococcus aureus</i></p> <p>1 to 8 hours (usually within 2 to 6 hours)</p>	<p>Found in nose, throat, on skin, fingertips of 30-50% of healthy people. Spread by food handlers, coughing, sneezing and other unsanitary practices; also via dirty skin, pimples. Grows best on protein-rich food; meat, poultry, fish, milk, cheese, custards and much-handled food such as sandwiches, pasta, potato salad.</p>	<p>Vomiting, nausea, abdominal cramps, diarrhea, chills, possibly weak pulse and shallow breathing. Usually uneventful recovery 24-48 hours.</p>
<p>Campylobacteriosis <i>Campylobacter jejuni</i></p> <p>2 to 7 days (usually 3 to 5 days)</p>	<p>Found in gastrointestinal tracts of wild and domestic animals. <i>C. jejuni</i> contaminates raw meats and poultry during processing through contact with feces. Other sources of contamination: raw milk, untreated water, clams, undercooked beef, chicken.</p>	<p>Fever, diarrhea, abdominal cramps, and possibly bloody stool.</p>

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<p>Clostridium Perfringens <i>Clostridium perfringens</i></p> <p>8 to 27 hours (usually 10 hours)</p>	<p>Grows rapidly in large portions of food cooled too slowly or kept at room temperature, especially meat or poultry dishes. Present in soil, intestines of animals. Commonly spread if meats or poultry are kept in serving dishes that don't stay hot enough or if large portions are chilled too slowly; also from rice and refried beans.</p>	<p>Abdominal pain (sometimes severe) and diarrhea. Sometimes nausea and vomiting. Symptoms are usually mild but can be more severe in the ill and the elderly.</p>
<p>Botulism <i>Clostridium botulinum</i></p> <p>2 hours to 8 days (usually 18 to 36 hours)</p>	<p>Present in soil, oceans (can grow in salty conditions). Vegetables, seafood often contaminated. Transmitted via low-acid canned goods (including home canned products such as asparagus, corn, beans); soil-contaminated food in low oxygen environments (e.g., potatoes, garlic coated with oil); improperly fermented inuit meat products.</p>	<p>The botulinal toxin attacks the nervous system causing nausea, vomiting, fatigue, headache, dry mouth and skin, constipation, paralysis, double vision, breathing difficulties. Can be fatal. Antitoxin prevents death from suffocation. Slow recovery.</p>
<p>Listeriosis <i>Listeria monocytogenes</i></p> <p>4 to 21 days</p>	<p>Grows at refrigeration temperatures. Forage, meat, water, silage, unpasteurized milk, sausages, coleslaw, raw milk products.</p>	<p>Fever, intense headache, nausea, vomiting, meningoenophaltis, delirium, coma, collapse (case fatality rate varies from 19 to 50%).</p>

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<p>Foodborne Infections</p> <p>1. Enterohemorrhagic <i>Escherichia coli</i> 0157:H7 3 to 7 days (usually 3 to 4 days)</p> <p>1. Other <i>Escherichia coli</i> Infections Other <i>Escherichia coli</i> species 24 to 72 hours</p>	<p>Fecally-contaminated water and food, raw meats, undercooked ground beef, ham, turkey, roast beef, sandwich meats, raw vegetables, unpasteurized milk and apple cider, raw milk cheeses, soft cheeses, mayonnaise, poor food handling practices. Sewage contaminated shellfish</p>	<p>Bloody or watery diarrhea, abdominal cramps, nausea, perhaps vomiting - lasting several days or weeks; some people with 0157:H7 develop hemolytic uremic syndrome with possibly permanent kidney damage, even death.</p>
<p>Shigellosis <i>Shigella</i> species 1 to 3 days</p>	<p>Highly contagious – a few organisms required to spread the disease. Man, indirectly through food, water or milk that was contaminated by man.</p>	<p>Diarrhea, fever, nausea, vomiting and abdominal cramps. Bowel movements may contain blood, mucus and pus. Children may also experience convulsions.</p>
<p><i>Bacillus cereus</i> (2 types of illness) <i>Bacillus cereus</i></p> <p>1. diarrhea: from soups, custards, meat, poultry. 8 to 16 hours</p> <p>2. vomiting: from Chinese-style food, rice. 30 minutes to 5 hours</p>	<p>Found in dust, soups, cereal crops, custards, meat and poultry. Often associated with cooked rice.</p>	<p>Symptoms usually mild.</p> <ol style="list-style-type: none"> 1. Nausea, cramps, diarrhea. 2. Nausea, vomiting (occasionally diarrhea).

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Yersiniosis <i>Yersinia enterocolitica</i> 3 to 7 days	Pork and pork products, chocolate milk and soybean cake.	Diarrhea sometimes bloody, abdominal cramps and joint pain.
Infectious Hepatitis <i>Hepatitis A virus</i> 10 to 50 days (usually 25 days)	Can be passed on by a food handler who has the disease. In salads, coldcuts, icing: also in shellfish from contaminated waters. Sewage contaminated drinking water.	Symptoms can be very mild. Fatigue, jaundice, fever, nausea, loss of appetite, dark coloured urine and gray feces. Can cause liver damage. Occasionally fatal.
Amebiasis <i>Entamoeba histolytica</i> 2 to 4 weeks	Fecal contaminated water or food. Food that was handled by infected food handlers.	Fever, chills, abdominal cramps and diarrhea with blood or mucus.
Giardiasis <i>Giardia lamblia</i> 5 to 25 days (7 to 10 days most common)	Fecal contaminated water especially untreated water from lakes, rivers and streams. Food contaminated by an infected food handler.	Abdominal cramps, bloating, weight loss, fatigue and diarrhea. Bowels may be loose and greasy.
Cryptosporidiosis <i>Cryptosporidiosis parvum</i> 2 to 10 days	Contaminated drinking water and swimming pool water. Food handled by an infected food handler.	Diarrhea, abdominal cramps, nausea, vomiting and mild fever.