



Food-borne Diseases

| | |
|--|-----------------------------|
| Bacillus cereus (Food Poisoning) | ONSET: 1-16 Hours |
| FOOD INVOLVED: Grains including rice, flour, dry-mix products, i.e. for soups, gravies, puddings and dried potatoes. | |
| SYMPTOMS: Diarrhea, abdominal pain, nausea, and vomiting. | |
| PREVENTION: Do not hold prepared foods at room temperature; refrigerate quickly after preparation; keep dry foods and mixes dry. | |

| | |
|---|------------------------------|
| Botulism (Food Poisoning) | ONSET: 12-36 Hours |
| FOOD INVOLVED: Inadequately processed, usually home canned, low acid foods, meat and fish. | |
| SYMPTOMS: Difficulty in swallowing, weakness, dizziness, voice changes | |
| PREVENTION: Toxin destroyed by boiling; cook foods thoroughly; use a pressure cooker in processing. | |

| | |
|--|-----------------------------|
| Clostridium perfringens (Food Poisoning) | ONSET: 6-24 Hours |
| FOOD INVOLVED: Stews, meat pies or meat gravies held at warm temperatures. | |
| SYMPTOMS: Nausea, sometimes vomiting, colicky, pains, diarrhea. | |
| PREVENTION: Thoroughly cook foods; refrigerate at 40 degrees Fahrenheit or less; hold at 150 Fahrenheit or more. | |



| | |
|---|----------------------------|
| Staphylococcus aureus (Food Poisoning) | ONSET: 1-6 Hours |
| FOOD INVOLVED: Cooked ham, salads of protein food, custard pastries, Hollandaise sauce, warmed over food. | |
| SYMPTOMS: Nausea, vomiting, diarrhea, acute prostration, abdominal cramps. | |
| PREVENTION: Cook foods thoroughly; refrigerate at 40 degrees Fahrenheit or less; hold at 150 Fahrenheit or more; keep hands clean and skin sore-free. | |

| | |
|---|----------------------------|
| Campylobacter (Diarrhea) | ONSET: 1-10 Days |
| FOOD INVOLVED: Raw milk, uncooked chicken, raw hamburger and water. | |
| SYMPTOMS: Nausea, cramps, headache, sometimes fever, diarrhea. | |
| PREVENTION: Cook foods thoroughly; use boiled or treated water. | |

| | |
|--|------------------------------|
| E. coli O157:H7 (Diarrhea) | ONSET: 12-72 Hours |
| FOOD INVOLVED: Ground beef, water. | |
| SYMPTOMS: Abdominal cramps, bloody diarrhea, fever, vomiting. | |
| PREVENTION: Cook foods thoroughly; clean hands; use sterile formula preparation. | |



| | |
|--|---------------------------|
| Shigella (Dysentery) | ONSET: 1-7 Days |
| FOOD INVOLVED: Moist foods, salads, dairy products, contaminated water. | |
| SYMPTOMS: Diarrhea, fever, vomiting and cramps. | |
| PREVENTION: Strict cleanliness when handling food; thorough cooking; proper refrigeration. | |

| | |
|---|-----------------------------|
| Salmonellosis | ONSET: 6-72 Hours |
| FOOD INVOLVED: Inadequately cooked poultry, eggs or food containing them; meat, dairy products. | |
| SYMPTOMS: Abdominal pain, diarrhea, chills, fever, frequent vomiting, prostration. | |
| PREVENTION: Thorough cooking of food; clean hands; sanitized utensils and surfaces; prompt refrigeration. | |

| | |
|--|-----------------------------|
| Hepatitis A (Infectious hepatitis) | ONSET: 15-50 Days |
| FOOD INVOLVED: Raw seafood from polluted waters, food contaminated by infected handler, polluted water. | |
| SYMPTOMS: Nausea, abdominal pain, weakness and discomfort, fever. | |
| PREVENTION: Clean hands with soap; good hygiene; use foods from approved sources; cook seafood; use boiled or treated water. | |



| | |
|---|---------------------------|
| Vincent's angina (Trench Mouth) | ONSET: 3-5 Days |
| FOOD INVOLVED: Unsanitized utensils, glasses, containers. | |
| SYMPTOMS: Sore throat, bleeding gums, pain. | |
| PREVENTION: Sanitization of equipment; good oral hygiene. | |

| | |
|--|------------------------------|
| Norovirus (Norwalk virus, Norwalk like virus) (Viral gastroenteritis) | ONSET: 10-51 Hours |
| FOOD INVOLVED: Beef, chicken, pork or pork products; meat salads, vegetable salads, salad dressings. | |
| SYMPTOMS: Diarrhea, abdominal cramps, nausea, vomiting, fever. | |
| PREVENTION: Thoroughly cooked foods; chill rapidly; refrigerate at 40 degrees Fahrenheit less; hold at 150 Fahrenheit or more. | |

| | |
|--|----------------------------|
| Tapeworm | ONSET: 3-6 weeks |
| FOOD INVOLVED: Insufficiently cooked beef, pork or fish products. | |
| SYMPTOMS: Nervousness, insomnia, loss of weight, abdominal pain, nausea, diarrhea, anemia. | |
| PREVENTION: Buy only government inspected meats; cook meat and fish thoroughly; inspect carefully. | |



| | |
|--|----------------------------|
| Trichinosis | ONSET: 1-45 Days |
| FOOD INVOLVED: Raw or insufficiently cooked pork and pork products, and pork mixed in with beef. | |
| SYMPTOMS: Swollen eyelids, diarrhea, muscle soreness, thirst, sweating, chills, weakness, remittent high fever. | |
| PREVENTION: Cook pork and pork products thoroughly to an internal temperature of 165 degrees Fahrenheit or more. | |

| | |
|--|------------------------------------|
| Listeriosis | ONSET: 4 Days to 3 Weeks |
| FOOD INVOLVED: Milk products, unwashed vegetables, raw or improperly processed wild and domestic meats. | |
| SYMPTOMS: Flu-like symptoms with fever & nausea; pregnancy interruption. | |
| PREVENTION: Use only pasteurized dairy products; avoid eating unwashed vegetables or raw meats; cook thoroughly. | |

This information was supplied by a chart from "Eater's Digest" published by the City of Milwaukee, Wisconsin