



## Foodborne Illness Chart

| Pathogen   | Signs and Symptoms   | Incubation Period        | Food Involved   |
|--|--|--------------------------|---|
| <i>Anisakis simplex</i> (infection)                                  | abdominal pain; vomiting; coughing   | 12 hours to several days | salt-water fish   |
| <i>Bacillus cereus</i> (toxico-infection)                            | nausea; abdominal pain; diarrhea; vomiting   | up to 24 hours           | cereal products; rice; custards and sauces; meatloaf  |
| <i>Campylobacter jejuni</i> (infection)                              | Diarrhea (sometimes bloody); severe abdominal pain; fever; anorexia; headache; vomiting  | 2 to 5 days              | Raw milk; poultry; beef liver; raw clams; contaminated water  |
| <i>Clostridium botulinum</i> (intoxication)                          | vertigo; double vision; difficult swallowing, speaking and breathing; weak muscles; respiratory paralysis.<br><b>Frequently fatal.</b> | 18 to 36 hours           | home-canned low-acid food; garlic and oil mixtures; vacuum-packed fish; fermented fish eggs; fish; marine mammals       |
| <i>Clostridium perfringens</i> (toxico-infection)                    | abdominal pain; diarrhea   | 8 to 22 hours            | cooked meat; poultry; gravy; sauces; soups  |
| <i>Cryptosporidium</i> (infection)                                   | severe diarrhea; low-grade fever and severe intestinal distress  | 1 to 12 days             | any food product that comes into contact with a contaminated person or contaminated water                               |
| <i>Escherichia coli</i> O157:h7 ( <i>E.coli</i> ) (toxico-infection) | severe abdominal pain; diarrhea (sometimes bloody); nausea; vomiting; fever; chills; headache; muscular pain; bloody urine             | 24 to 72 hours           | soft unpasteurized cheese; contaminated water; any undercooked animal-source foods, especially hamburger                |
| <i>Giardiasis lamblia</i> (infection)                                | abdominal pain; diarrhea; fever; cramps  | 1 week                   | water; raw vegetables and fruits  |
| <i>Hepatitis A</i> (infection)                                       | fever; anorexia; nausea, abdominal pain; jaundice  | 15 to 50 days            | shellfish; contaminated water; any food contaminated by the feces, urine or blood of infected humans and other primates |
| <i>Listeria monocytogenes</i> (infection)                            | nausea; vomiting; stomach cramps; diarrhea; headache; constipation; fever  | 1 to 70 days             | Unpasteurized milk; soft cheeses; undercooked poultry; prepared meats; unwashed raw vegetables                          |
| <i>Norovirus</i> (infection)   | nausea; vomiting; diarrhea; abdominal pain   | 24 to 72 hours           | Contaminated water, food, or food contact surfaces  |

| Pathogen                             | Signs and Symptoms   | Incubation Period   | Food Involved   |
|--------------------------------------|--|---|---|
| <i>Salmonella</i> (infection)        | abdominal pain; diarrhea; chills; fever; nausea; vomiting  | usually 12 to 36 hours, but could be 6 to 72 hours                                  | Poultry; meat and meat products; eggs and egg products; other food contaminated by the feces of infected humans and other animals                           |
| <i>Shigella</i> (infection)          | abdominal pain; diarrhea (sometimes bloody); chills; fever; dehydration                                      | 12 to 50 hours  | Moist prepared foods, especially salads such as potato, tuna and macaroni salads; raw fruits and vegetables; unpasteurized milk and dairy products; poultry |
| <i>Staphylococcus</i> (intoxication) | nausea; vomiting; abdominal pain; diarrhea   | 2 to 4 hours  | ham; meat; poultry; cream-filled pastry; food mixtures; leftover foods  |
| <i>Trichinella</i> (infection)       | abdominal pain; vomiting; nausea; fever; swelling around the eyes; muscular pain; chills; laboured breathing | 1 to 2 days for gastrointestinal symptoms; other symptoms occur within 2 to 4 weeks | pork; bear meat; walrus flesh   |
| <i>Yersinia</i> (infection)          | watery diarrhea; vomiting; abdominal pain; fever; headache; sore throat; may mimic appendicitis              | 24 to 48 hours  | Meats (especially pork, beef and lamb); tofu; oysters; fish; ice cream; powdered milk; unpasteurized milk; raw vegetables; soy products                     |

## Other Types of Foodborne Illness

| Cause of Illness  | Signs and Symptoms  | Incubation Period           | Food Involved  |
|---|---|-----------------------------|--|
| Allergies   | flush; tingling skin; hives; difficulty breathing; anaphylactic shock.<br><b>Sometimes fatal.</b>                                 | varies—can be instantaneous | various—common allergens include nuts, wheat, soya, MSG, milk, eggs, fish/shellfish, sulphates |
| Food intolerances and sensitivities   | nausea; vomiting; diarrhea; bloating; fatigue; weakness; headaches  | varies—can be instantaneous | various  |
| Paralytic/neurologic shellfish poisoning (also known as 'Red Tide Poisoning') | Tingling; burning; numbness around lips and finger tips; giddiness; incoherent speech; difficulty standing; respiratory paralysis | 30 minutes to 2 hours       | mussels, clams and other bivalve molluscs  |