

Foodborne Illness Chart

Pathogen	Signs and Symptoms	Incubation Period	Food Involved
<i>Anisakis simplex</i> (infection)	Abdominal cramps, 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, difficulty swallowing, speaking and breathing, muscular weakness, respiratory paralysis. Gastrointestinal symptoms may precede neurological symptoms. Frequently fatal.	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 and soups
<i>Cryptosporidium</i> (infection)	Severe diarrhea, low-grade fever and severe intestinal distress	1 to 12 days	Any food product that was touched by a contaminated person or contaminated water
<i>Escherichia coli</i> O157:H7 (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 and any undercooked animal-source foods, especially rare 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, any food contaminated by hepatitis viruses, hepatitis virus A from feces, urine, blood, or infected humans and other primates, contaminated water
<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 surface
<i>Salmonella</i> (infection)	Abdominal pain, diarrhea, chills, fever, nausea, vomiting	6 to 72 hours, usually 12 to 36 hours	Poultry, meat and their products, egg products, other contaminated food, feces of infected humans and other animals
<i>Shigella</i> (infection)	Diarrhea (sometimes bloody), abdominal cramps, chills, fever, dehydration	12 to 50 hours	Moist prepared foods, especially salads (potato, tuna, macaroni), raw fruits and vegetables, raw 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 eyes, muscular pain, chills, laboured breathing	1 to 2 days for gastrointestinal illness; other symptoms occur within 2 to 4 weeks	Pork, bear meat, and 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, fish, powdered milk and raw (unpasteurized) milk, raw vegetables, and soy products
Cause of Illness	Signs and Symptoms	Incubation Period	Food Involved
Allergies	Flush, tingling skin, hives, difficulty breathing, anaphylactic shock. Sometimes fatal.	Varies. Can be instantaneous	Varies. Common foods: nuts, wheat, soya, MSG, milk, eggs, fish/shellfish, sulfates
Food intolerances/sensitivities	Nausea, vomiting, diarrhea, bloating, fatigue, weakness, headaches	Varies. Can be instantaneous	Varies
Paralytic/neurologic shellfish poisoning (also known as Red Tide Poisoning)	Tingling, burning, numbness around lips and finger tips, giddiness, incoherent speech, difficulty in standing, respiratory paralysis	30 minutes to 2 hours	Mussels, clams, and other bivalve molluscs