



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; difficulty swallowing, speaking and breathing; weak muscles; respiratory paralysis. 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; 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



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<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. Sometimes fatal.	varies—can be instantaneous	various—common allergens include nuts, wheat, soya, MSG, milk, eggs, fish/shellfish, sulphites
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