

# IDENTIFYING COMMON FOOD BORNE ILLNESSES (FBI)

Causative Pathogen	Incubation Time	Length of Illness	Common Symptoms	Foods Involved/Sources	Prevention
<i>Bacillus cerus</i>	1-16 hours	6-24 hours	nausea, vomiting, cramping, diarrhea	rice and rice dishes, vegetables, sauces	Cook to proper temp. Reheat quickly. Cool foods rapidly.
<i>Campylobacter</i>	2-5 days	1-4 days	cramping, fever, diarrhea, nausea, headache, vomiting	unpasteurized dairy, poultry and meats, infected food handler	Thoroughly cook all foods. Use only pasteurized dairy products. Proper hand washing.
<i>Clostridium perfringens</i>	8-24 hours	24-36 hours	abdominal cramping, diarrhea, nausea	meats, poultry, gravy, beans, stews, foods cooked slowly	Cook and reheat foods to proper temp. Cook in small batches. Cool foods rapidly.
<i>Shiga Toxin-Producing E. coli</i>	12-72 hours	1-4 days	diarrhea-often bloody, severe cramping, nausea, vomiting, fever	raw and undercooked ground meats (esp. ground beef)	Thoroughly cook ground meats. Avoid cross-contamination.
Hepatitis A	10-50 days	1-2 weeks; Severe cases may last several months	mild symptoms, then sudden onset of fever, general discomfort, fatigue, headache, nausea, loss of appetite, vomiting, abdominal pain, and jaundice after several days	water, ice, shellfish, salads, cold cuts, sandwiches, fruits, fruit juices, milk, milk products, vegetables, any food that will not receive a further heat treatment	Obtain shellfish from approved sources. Prevent cross-contamination from hands. Ensure food handlers practice good hand washing and no bare hand contact.
<i>Listeria monocytogenes</i>	1 day-60 days	Indefinite, depends on treatment, severe	nausea, vomiting, fever, chills, headache, severe: meningitis, miscarriages, death	unpasteurized dairy, cheese, fruits & vegetables, deli meats, seafood, poultry	Use only pasteurized dairy products. Cook properly. Hold refrigerated for limited time.
<i>Norovirus</i>	24-48 hours Virus	1-2 days	cramping, diarrhea, nausea, vomiting, headache, fever	raw fruit, raw vegetables, prepared salads, raw shellfish	Thoroughly cook foods. Wash hands. Use certified shellfish. No bare hand contact.
<i>(Staph) Staphylococcus aureus</i>	1-7 hours	1-2 days	onset abrupt and often severe, nausea, vomiting, cramping, sometimes diarrhea	ready-to-eat foods, i.e. sandwiches, salads, ham and other meats, potato salads, custards, warmed-over foods; often from infected foodhandlers-cuts, throat, nose and acne	Practice good hand washing and hygiene. Avoid contamination. Reduce bare hand contact with foods. Exclude foodhandlers with cuts and lesions. Rapidly cool foods.
<i>Salmonella</i>	6-72 hours	4-7days	abdominal cramping, headache, nausea, diarrhea, fever, sometimes vomiting	undercooked or raw meats, poultry and shell eggs, poultry and egg salads, egg custards and sauces, protein foods, pets and infected handlers	Avoid cross-contamination. Cool and refrigerate foods immediately. Cook meats/poultry thoroughly. Practice good hand washing.
<i>Shigella</i>	12 hours-7 days	4-7 days, depends on treatment	diarrhea-often bloody, cramping, fever, nausea, sometimes vomiting	ready-to-eat foods associated with bare hand contact (salads, sandwiches, etc.) Source: humans (feces) and flies	Practice good hand washing after using toilet. Use approved water and foods. Control flies. No bare hand contact.