



Foodborne Illnesses

FACT SHEET #13 DEPARTMENT OF HEALTH SERVICES

500 Lake Bardwell Road
Ennis, TX 75119
Ph # (972) 875-1234



Email: healthdept@ennis-texas.com

Website: <http://www.ennistx.gov>

NAME	FOODS INVOLVED	ONSET	SYMPTOMS	PREVENTION
Bacillus cereus A. Vomiting Type B. Diarrheal Type	A. Boiled or fried rice. B. Custards, sauces, meatloaf, cereal products, retriad beans, dried potatoes	A. 1-6hrs B. 4-16hrs	A. Vomiting, nausea, occasional diarrhea B. Diarrhea, abdominal cramps	Do not hold prepared foods at room temperatures; refrigerate quickly after preparation; chill rapidly; keep dry food and mixes dry
Clostridium botulinum (Botulism)	Inadequately processed, usually home - canned low acid foods, smoked fish, cooked potatoes	2 hrs - 8 days	Blurred or double vision, difficulty in swallowing speaking and breathing, dry mouth, vomiting, constipation	Toxin destroyed by boiling; cook foods thoroughly; do not hold prepared foods at room temperature; do not use dented cans of food
Clostridium perfringens	Inadequately heated or reheated meats, meat pies, stews, gravy, sauces, retriad beans	6-24 hrs	Diarrhea, colic, nausea, gas	Thoroughly cook food; reheat food to 165°F; do not hold prepared foods at room temperature; chill rapidly; refrigerate at 41°F or less; hold at 140°F or greater
Staphylococcus aureus	Ham, meat & poultry, cream filled pastries, custard, high protein leftover foods	1-8hrs	Abdominal cramps, nausea, vomiting, diarrhea, chills, headache, weakness, dizziness	Cook foods thoroughly; do not hold prepared foods at room temperatures; chill rapidly; hold hot at 140°F or more; keep hands clean and skin sore-free
Campylobacter jejuni	Unpasteurized milk, poultry, water, raw clams	1-10 days	Abdominal cramps, (bloody) diarrhea, fever, headache	Cook foods thoroughly; use boiled or treated water; drink pasteurized milk
Escherichia coli (Shiga-toxin)	Under cooked or raw ground beef, unpasteurized milk, soft cheese, water, uncooked vegetables	10 -12 hrs	Abdominal cramps, (bloody) diarrhea, fever, vomiting	Cook foods thoroughly; avoid cross-contamination; clean hands and food equipment after handling raw foods; cook ground beef to 155°F
Shigella	Salads, cut fruit, water	12-96 hrs	Diarrhea, fever, nausea, vomiting, abdominal cramps	Strict cleanliness when handling food; thorough cooking; proper refrigeration
Listeria	Milk products, unwashed vegetables, raw or improperly processed wild and domestic meats	1 day to 3 weeks	Nausea, vomiting, headache, fever, chills, backache; can cause miscarriage in pregnant women	Use only pasteurized dairy products; avoid eating unwashed vegetables or raw meats; cook meats thoroughly; keep facilities clean and dry; will grow at refrigerated temperatures
Salmonella (Non-typhoid)	Inadequately cooked poultry, eggs or food containing them; meat, unpasteurized milk	12-72 hrs	Abdominal pain, fever, nausea, headache, vomiting	Thorough cooking of food to 165°F; clean hands; sanitized utensils and surfaces; prompt refrigeration; avoid cross-contamination
Hepatitis A	Raw shellfish, cold food fecal contamination by infected handler, polluted water	15-50 days	Fever, abdominal discomfort, nausea, jaundice	Wash hands with soap; good hygiene; use foods from approved sources; cook seafood; use boiled or treated water
Calicivirus (Norwalk virus)	Cold food fecal contaminated by infected handler, polluted water, oysters, clams, frosting	10-51 hrs	Nausea, vomiting, diarrhea, abdominal cramps, muscle aches, headaches, low-grade	Wash hands with soap; thoroughly cook foods; chill rapidly; refrigerate at 41 °F or less; hold at 140°F or greater, good hand washing practices
Vibro Cholerae	Raw oysters and shellfish	Few hrs to 5 days	Sudden onset of profuse watery diarrhea, rapid dehydration, vomiting	Purchase seafood from an approved / reputable source
Scrombroid Toxin (Histamine)	Histamine produced by bacteria in some fish when they are time-temperature abused	1 minute to 3 hrs	Flushing, headache, dizziness, burning of the mouth and throat, upper & lower gastrointestinal symptoms, rash and itching	Cooking does not destroy this histamine as a result of time-temperature abuse during the harvesting process. It is important to purchase fish from a approved /reputable source
Giardia lambda	Fecal contaminated fruits, produce or water	2-25 days	Diarrhea, abdominal cramps, bloating, weight loss, malabsorption, infected persons may be asymptomatic	Use sanitary chlorinated water supplies; food employees must practice good handwashing and personnel hygiene; wash raw produce
Cryptosporidium parvum	Fecal contaminated fruits, produce and water	2-12 days	Profuse watery diarrhea, abdominal cramps, nausea, low grade fever, anorexia, vomiting	Food employees must practice good handwashing and personnel hygiene; wash raw produce, use a sanitary water supply