

KEEP FOOD SAFE FROM BACTERIA

The incidence of many foodborne diseases can be reduced by practicing basic food safety steps:

- Wash the peel or rind of fruits and vegetables before cutting
- Wash your hands often during food preparation
- Clean any cutting boards when you are done using
- Keep foods separate during preparation
- Cook foods to the proper temperature
- Refrigerate foods right after eating

This chart is not intended as a diagnostic tool.

ORGANISM	SYMPTOMS	INCUBATION (time from eating or drinking to feeling ill)	Duration (How long it could last)	COMMON FOOD SOURCES
Campylobacter jejuni	Diarrhea, abdominal pain, malaise, fever	1 to 7 days or longer	1 day- 1 week	Improperly cooked poultry, unpasteurized milk, untreated water
Clostridium botulinum (Botulism)	Vomiting, diarrhea, descending paralysis, blurred vision, dry mouth	12- 36 hours to several days	Recovery could take months	Unheated or incompletely reheated food, improperly prepared home-canned foods
Clostridium perfringens	Watery diarrhea, moderate to severe cramps and mid-epigastric pain	6 to 24 hours, usually 8- 12 hours	24 hours	Raw meat and poultry, food prepared in large quantities and kept warm for prolonged periods
E. coli	Watery stools, cramps, sometimes vomiting and fever	10 hours to 6 days	Varies depending on the strain	Infected symptomatic person/carriers, food or water contaminated with human/animal feces
E. coli EH (enterohemorrhagic, includes 0157:H7)	Diarrhea, bloody stools, cramps, abdominal pain, kidney failure	3 to 4 days, as long as 8 days	1- 3 weeks	Undercooked ground beef, unpasteurized milk, person-to-person (fecal-oral)
Norwalk and Rotavirus	Vomiting, fever, diarrhea, sometimes dehydration	1 to 3 days	Up to 10 days	Person-to-person (fecal- oral)
Salmonella	Diarrhea, abdominal cramps and tenderness, fever	6 to 72 hours	Up to 2 weeks or longer	Poultry, red meat, raw eggs, unpasteurized milk, reptiles, pets, person-to-person
Shigella	Watery diarrhea, fever, headache, abdominal cramps, convulsions	1 to 7 days	Several days or longer	Infected human feces, houseflies, contaminated food or water
Staphylococcus aureus	Cramps, nausea, vomiting, diarrhea, sometimes fever	30 minutes to 6 hours	1-2 days	Ham, poultry, egg or potato salads, inadequate refrigeration, infected food handler

*Adapted from the South Carolina Department of Health and Environmental Control