

Foodborne Illnesses

Wisconsin Food Code Fact Sheet #18

NAME	FOOD USUALLY INVOLVED	ONSET	SYMPTOMS	PREVENTION
Bacillus cereus A. Vomiting Type B. Diarrheal Type	A. Boiled or fried rice, B. Custards, sauces, meatloaf, cereal products, refried beans, dried potatoes	A. 1-6 hrs B. 4-16 hrs	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, refried 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	1-8 hrs	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 pasteurize 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 fecally contaminated 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 fecally contaminated by infected handler, polluted water, oysters, clams, frosting	10-51 hrs	Nausea, vomiting, diarrhea, abdominal cramps, muscle aches, headaches, low- grade fever	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 lamblia	Fecally 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	Fecally 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