

	Symptoms	Preventative Measures	Incubation Period	Duration of Illness	Associated Foods
Salmonella spp.	Nausea, vomiting, abdominal cramps, diarrhea, fever, headache. Severe cases may include arthritic symptoms.	Cook food at 165°F for 15 seconds	6-48 hours	Symptoms may last from 1 day to 4 weeks, depending on severity	Raw meats, poultry, eggs, milk and dairy products, fish, shrimp and other ready to eat foods that could become contaminated
Clostridium botulinum	Early symptoms include tiredness and weakness and may progress into difficulty in speaking and swallowing, difficulty breathing and weakness of muscles.	Boil for 10 minutes	18-36 hours	Variable depending on treatment	Any non-acidic food could support Clostridium botulinum. It is most commonly associated with improperly canned foods
Staphylococcus aureus	Nausea, vomiting, abdominal cramps, diarrhea, fever, headache and possible changes in blood pressure.	Cook food at 145 °F for 15 seconds	1-6 hours	24-48 hours	Foods that come into contact with bare skin, dairy products, meat, poultry, eggs, and related products.
Campylobacter jejuni	Diarrhea, cramps, fever, and vomiting; diarrhea may be bloody.	Cook food at 165°F for 15 seconds	2-5 days	2-10 days	Raw or undercooked poultry, unpasteurized milk, contaminated water.
Listeria monocytogenes	Fever, muscle aches, and nausea or diarrhea. Pregnant women may have mild flu-like illness, and infection can lead to premature delivery or stillbirth.	Do not keep food in refrigerator > 7 days	9-48 hours	Variable depending on treatment	Unpasteurized dairy products, raw vegetables, raw meat, fish and poultry.
Vibrio cholerae	Symptoms may range from mild watery diarrhea to nausea, vomiting, abdominal cramps, severe diarrhea (rice water stool), fever, dehydration and shock.	Consuming raw shellfish may cause illness	6 hours-5 days	Variable depending on treatment	Raw shellfish
Clostridium perfringens	Intense abdominal cramps and diarrhea.	Keep PHF out of the temperature danger zone (41-135°F for more than 4 hours.	8-22 hours	1-14 days	Any potentially hazardous food (PHF) that is temperature abused may allow Clostridium perfringens to grow to dangerous levels. The most common foods associated are meats and gravy.
Bacillus cereus	Two Types of Symptoms: Diarrheal: Watery diarrhea and abdominal cramps Emetic (vomiting): Nausea and vomiting	Keep PHF out of the temperature danger zone (41-135°F for more than 4 hours.	Diarrheal: 6-15 hours Emetic (vomiting): 30 minutes to 6 hours	24 hours	Diarrheal: Contaminated meats, milk, vegetables, and fish Emetic (vomiting): Rice, potatoes, pasta, and cheese products, as well as food mixtures (sauces, puddings, soups, casseroles, pastries, and salads
Shigella spp.	Diarrhea, fever, and stomach cramps	Use good hand washing technique before preparing food.	1-2 days	5-7 days	Any food that is exposed to bare hand contact.

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Streptococcus spp.	<p>Group A: Sore throat</p> <p>Group B: Nausea, vomiting, abdominal cramps, diarrhea, fever, headache and possible changes in blood pressure.</p>	Keep PHF out of the temperature danger zone (41-135°F for more than 4 hours.	<p>Group A: 1-3 days</p> <p>Group B: 2-36 hours</p>	Variable depending on treatment	<p>Group A: Dairy products, eggs, steamed lobster, ground ham, potato salad.</p> <p>Group D: Sausage, evaporated milk, cheese, meat croquettes, meat pie, pudding, raw milk, and pasteurized milk.</p> <p>Entrance into the food chain is due to under processing and/or poor and unsanitary food preparation.</p>
Escherichia coli	Severe diarrhea that is often bloody, abdominal pain and vomiting. Usually, little or no fever is present.	Cook beef products to 155°F or greater.	1-8 days	5-10 days	Undercooked beef especially hamburger, unpasteurized milk and juice, raw fruits and vegetables (such as sprouts), soft cheeses made from raw milk, feces of infected people, and contaminated water.