

DISEASE & INCUBATION PERIOD	SYMPTOMS	CAUSE	FOOD ITEM	PREVENTION
Botulism (12 to 36 Hrs.)	Sore throat, blurred vision, vomiting, diarrhea, cramps, difficulty breathing	<i>Clostridium botulinum</i> : anaerobic bacterium that forms spores with resistance to heat. Found in animal intestines, water and soil.	Refrigerated or improperly canned foods; low acid foods such as tuna, beets, green beans, etc	Toxin is sensitive to heat, but boil 20 mins before serving. Discard food in swollen cans.
Staphylococcus (2 to 4 Hrs.)	Vomiting, nausea, diarrhea, cramps	<i>Staphylococcus aureus</i> : facultative bacterium found in the nose, in the throat, and in skin infections of humans	Foods high in protein, moist and left in temperatures that are too warm. Examples: Milk, gravies, egg custards, turkey stuffing, etc.	Store foods below 40 F and reheat thoroughly to 165 F
Ergotism (varies)	Hallucinations, convulsions, gangrene of extremities	<i>Ergot</i> is a mold that grows on wheat and rye	Wheat and rye	Do not use wheat and rye
Shigellosis (12 to 48 Hrs.)	Diarrhea, fever, cramps, dehydration	<i>Shigella spp</i> : found in feces of infected human, food and water	Beans, salads made with tuna/turkey/macaroni, apple cider, moist	Strict control of insects, and rodents and good personal hygiene
Infectious hepatitis (10 to 50 days)	Jaundice, fever, cramps, nausea, lethargy	<i>Hepatitis A</i> : Transmitted by water and	Shellfish from polluted water, milk, whipped cream, colds	Cook shellfish thoroughly to a temp. exceeding 150 F

from person
to person

cuts, potato salad

Salmonellosis
(6 to 48 Hrs.)

Headache, fever,
cramps, diarrhea.
May be fatal or lead
to arthritis,
meningitis and
typhoid.

Salmonella spp.:
aerobic bacilli
that live and
grow in the
intestines of
humans, animals,
birds and insects

Eggs, poultry,
shellfish, meat
soups, sauces,
gravies warmed
over food

Cook to a high temp. 165
F. Wash hands and work
areas.