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## *Food-borne Diseases*

<b>Bacillus cereus (Food Poisoning)</b>	<b>ONSET:</b> 1-16 Hours
<b>FOOD INVOLVED:</b> Grains including rice, flour, dry-mix products, i.e. for soups, gravies, puddings and dried potatoes.	
<b>SYMPTOMS:</b> Diarrhea, abdominal pain, nausea, and vomiting.	
<b>PREVENTION:</b> Do not hold prepared foods at room temperature; refrigerate quickly after preparation; keep dry foods and mixes dry.	

<b>Botulism (Food Poisoning)</b>	<b>ONSET:</b> 12-36 Hours
<b>FOOD INVOLVED:</b> Inadequately processed, usually home canned, low acid foods, meat and fish.	
<b>SYMPTOMS:</b> Difficulty in swallowing, weakness, dizziness, voice changes	
<b>PREVENTION:</b> Toxin destroyed by boiling; cook foods thoroughly; use a pressure cooker in processing.	

<b>Clostridium perfringens (Food Poisoning)</b>	<b>ONSET:</b> 6-24 Hours
<b>FOOD INVOLVED:</b> Stews, meat pies or meat gravies held at warm temperatures.	
<b>SYMPTOMS:</b> Nausea, sometimes vomiting, colicky, pains, diarrhea.	
<b>PREVENTION:</b> Thoroughly cook foods; refrigerate at 40 degrees Fahrenheit or less; hold at 150 Fahrenheit or more.	

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<b>Staphylococcus aureus (Food Poisoning)</b>	<b>ONSET:</b> 1-6 Hours
<b>FOOD INVOLVED:</b> Cooked ham, salads of protein food, custard pastries, Hollandaise sauce, warmed over food.	
<b>SYMPTOMS:</b> Nausea, vomiting, diarrhea, acute prostration, abdominal cramps.	
<b>PREVENTION:</b> Cook foods thoroughly; refrigerate at 40 degrees Fahrenheit or less; hold at 150 Fahrenheit or more; keep hands clean and skin sore-free.	

<b>Campylobacter (Diarrhea)</b>	<b>ONSET:</b> 1-10 Days
<b>FOOD INVOLVED:</b> Raw milk, uncooked chicken, raw hamburger and water.	
<b>SYMPTOMS:</b> Nausea, cramps, headache, sometimes fever, diarrhea.	
<b>PREVENTION:</b> Cook foods thoroughly; use boiled or treated water.	

<b>E. coli O157:H7 (Diarrhea)</b>	<b>ONSET:</b> 12-72 Hours
<b>FOOD INVOLVED:</b> Ground beef, water.	
<b>SYMPTOMS:</b> Abdominal cramps, bloody diarrhea, fever, vomiting.	
<b>PREVENTION:</b> Cook foods thoroughly; clean hands; use sterile formula preparation.	



<b>Shigella (Dysentery)</b>	<b>ONSET:</b> 1-7 Days
<b>FOOD INVOLVED:</b> Moist foods, salads, dairy products, contaminated water.	
<b>SYMPTOMS:</b> Diarrhea, fever, vomiting and cramps.	
<b>PREVENTION:</b> Strict cleanliness when handling food; thorough cooking; proper refrigeration.	

<b>Salmonellosis</b>	<b>ONSET:</b> 6-72 Hours
<b>FOOD INVOLVED:</b> Inadequately cooked poultry, eggs or food containing them; meat, dairy products.	
<b>SYMPTOMS:</b> Abdominal pain, diarrhea, chills, fever, frequent vomiting, prostration.	
<b>PREVENTION:</b> Thorough cooking of food; clean hands; sanitized utensils and surfaces; prompt refrigeration.	

<b>Hepatitis A (Infectious hepatitis)</b>	<b>ONSET:</b> 15-50 Days
<b>FOOD INVOLVED:</b> Raw seafood from polluted waters, food contaminated by infected handler, polluted water.	
<b>SYMPTOMS:</b> Nausea, abdominal pain, weakness and discomfort, fever.	
<b>PREVENTION:</b> Clean hands with soap; good hygiene; use foods from approved sources; cook seafood; use boiled or treated water.	

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<b>Vincent's angina (Trench Mouth)</b>	<b>ONSET:</b> 3-5 Days
<b>FOOD INVOLVED:</b> Unsanitized utensils, glasses, containers.	
<b>SYMPTOMS:</b> Sore throat, bleeding gums, pain.	
<b>PREVENTION:</b> Sanitization of equipment; good oral hygiene.	

<b>Norovirus (Norwalk virus, Norwalk like virus) (Viral gastroenteritis)</b>	<b>ONSET:</b> 10-51 Hours
<b>FOOD INVOLVED:</b> Beef, chicken, pork or pork products; meat salads, vegetable salads, salad dressings.	
<b>SYMPTOMS:</b> Diarrhea, abdominal cramps, nausea, vomiting, fever.	
<b>PREVENTION:</b> Thoroughly cooked foods; chill rapidly; refrigerate at 40 degrees Fahrenheit less; hold at 150 Fahrenheit or more.	

<b>Tapeworm</b>	<b>ONSET:</b> 3-6 weeks
<b>FOOD INVOLVED:</b> Insufficiently cooked beef, pork or fish products.	
<b>SYMPTOMS:</b> Nervousness, insomnia, loss of weight, abdominal pain, nausea, diarrhea, anemia.	
<b>PREVENTION:</b> Buy only government inspected meats; cook meat and fish thoroughly; inspect carefully.	



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<b>Trichinosis</b>	<b>ONSET:</b> 1-45 Days
<b>FOOD INVOLVED:</b> Raw or insufficiently cooked pork and pork products, and pork mixed in with beef.	
<b>SYMPTOMS:</b> Swollen eyelids, diarrhea, muscle soreness, thirst, sweating, chills, weakness, remittent high fever.	
<b>PREVENTION:</b> Cook pork and pork products thoroughly to an internal temperature of 165 degrees Fahrenheit or more.	

<b>Listeriosis</b>	<b>ONSET:</b> 4 Days to 3 Weeks
<b>FOOD INVOLVED:</b> Milk products, unwashed vegetables, raw or improperly processed wild and domestic meats.	
<b>SYMPTOMS:</b> Flu-like symptoms with fever & nausea; pregnancy interruption.	
<b>PREVENTION:</b> Use only pasteurized dairy products; avoid eating unwashed vegetables or raw meats; cook thoroughly.	

This information was supplied by a chart from "Eater's Digest" published by the City of Milwaukee, Wisconsin