

What Causes Foodborne Illness?

Viruses:

Name of Virus	*Incubation Period	Signs and Symptoms	Associated Foods	Duration of Illness
Norovirus	1-2 days	Nausea, vomiting, watery and large volume diarrhea	Shellfish from contaminated water, foods that are not cooked or reheated after contact with an infected food handler	1-3 days
Hepatitis A	10 days-2 months	Diarrhea, dark urine, jaundice, fever, headache, nausea, and abdominal pain	Shellfish from contaminated water, raw fruits and vegetables, foods that are not cooked or reheated after contact with an infected food handler	Variable (2 weeks-3 months)
Rotavirus	2 days	Vomiting, watery diarrhea, fever and abdominal pain	Contaminated water or food and contact with contaminated surfaces from an infected food handler	3-8 days

***Incubation period is the time between an initial exposure to an infectious agent and the development of symptoms of disease.**

Parasites:

Name of Parasite	Incubation Period	Signs and Symptoms	Associated Foods	Duration of Illness
Cyclospora cayetanensis	1-11 days	Fatigue, abdominal cramps, watery diarrhea, nausea, vomiting, muscle aches, mild fever	Imported berries, lettuce and contaminated water	1-4 weeks
Giardia duodenalis	1-2 weeks	Diarrhea, abdominal cramps, nausea	Contaminated water	4-6 weeks
Trichinella spiralis	2 days-8 weeks	Nausea, vomiting, diarrhea, abdominal pain	Raw or undercooked contaminated meat, usually pork or wild game	months

Resource: *Food Safety in the Child Care Food Program, Guidance for Child Care Providers* workbook, September 2010, Florida Department of Health

Common Bacteria:

Name of Bacteria	*Incubation Period	Signs and Symptoms	Associated Foods	Duration of Illness
Campylobacter jejuni	2-5 days	Diarrhea, cramps, fever, muscle pain, nausea, and vomiting	Undercooked or raw poultry and beef, unpasteurized milk and dairy products, and contaminated water	2-10 days
Clostridium botulinum (toxin producing)	3-30 days	Lethargy, weakness, constipation, poor feeding, poor head control, poor gag and suck, poor muscle tone (floppy)	**Honey, home-canned fruits and vegetables	Variable
Clostridium perfringens (toxin producing)	8-16 hours	Watery diarrhea, nausea, abdominal cramps	Meats, poultry, gravy, dried or precooked foods, and beans	1-2 days
E. coli 0157:H7 (toxin producing)	1-8 days	Severe diarrhea (often bloody), abdominal pain and vomiting	Undercooked beef, unpasteurized milk and juice, raw fruits and vegetables, salami, salad dressing, imported cheese, and contaminated water	5-10 days
Listeria monocytogenes	9-48 hours for gastrointestinal symptoms	Fever, muscle aches, and nausea or diarrhea	Fresh soft cheeses, unpasteurized milk and cheese, ice cream, raw vegetables, raw and cooked poultry, raw meat and fish, ready to eat deli meats, and hot dogs	Variable
Salmonella	1-3 days	Diarrhea, fever, abdominal cramps, vomiting, fever, headache, constipation, chills, and muscle pain	Contaminated eggs, poultry, unpasteurized milk and juice, cheese, raw meat, fish and shrimp, yeast, coconut, salad dressing, cake mixes, cream-filled desserts, peanut butter, cocoa, chocolate, and raw fruits and vegetables	4-7 days
Shigella	1-2 days	Abdominal cramps, fever, nausea, vomiting, chills, fatigue, and diarrhea (may be bloody)	Food or water contaminated with fecal material, raw vegetables, egg salad	4-7 days
Staphylococcus aureus (toxin producing)	1-6 hours	Sudden onset of severe nausea and vomiting, exhaustion, and abdominal cramps. Diarrhea and fever may be present.	Improperly refrigerated meats, poultry, eggs, potato salad, egg salad, cream pastries	1-2 days

***Incubation period is the time between an initial exposure to an infectious agent and the development of symptoms of disease.**

****Do not serve honey or food that may contain honey to infants less than one year of age. Honey may contain botulinum spores, which can be harmful to infants.**