



Nutrition for the Health of It

www.NutritionfortheHealthofit.com

Symptoms and Sources of Common Food Poisoning Germs

Source: CDC.gov

Typical Time of Appearance and Symptoms Foodborne Germ and Common Food Sources

30 minutes – 6 hours

Nausea, vomiting, and stomach cramps. Most people also have diarrhea.

- Staphylococcus aureus (Staph)
- Foods that are not cooked after handling, such as sliced meats, puddings, pastries, and sandwiches.

6 – 24 hours

Diarrhea, stomach cramps. Vomiting and fever are uncommon. Usually begins suddenly and lasts for less than 24 hours

- *Clostridium perfringens*
- Beef or poultry, especially large roasts; gravies; dried or precooked foods

12 – 48 hours

Diarrhea, nausea/stomach pain, vomiting

- Norovirus
- Infected person, contaminated food like leafy greens, fresh fruits, shellfish (such as oysters), or water, or by touching contaminated surfaces

12 – 72 hours

Diarrhea, fever, stomach cramps, vomiting

- *Salmonella*
- Eggs, raw or undercooked poultry or meat, unpasteurized milk or juice, cheese, raw fruits and vegetables

18 – 36 hours

Double or blurred vision, drooping eyelids, slurred speech. Difficulty swallowing, breathing and dry mouth. Muscle weakness and paralysis. Symptoms start in the head and move down as severity increases

- *Clostridium botulinum (Botulism)*
- Improperly canned or fermented foods, usually homemade. Prison-made illicit alcohol.



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Typical Time of Appearance and Symptoms

Foodborne Germ and Common Food Sources

1 – 4 days

Watery diarrhea, nausea, stomach cramps, vomiting, fever, chills

- *Vibrio*
- Raw or undercooked shellfish, particularly oysters

2 – 5 days

Diarrhea (often bloody), stomach cramps/pain, fever

- *Campylobacter*
- Raw or undercooked poultry, raw (unpasteurized) milk, and contaminated water

3 – 4 days

Severe stomach cramps, diarrhea (often bloody), and vomiting. Around 5-10% of people diagnosed with this infection develop a life-threatening complication.

- *Escherichia coli (E. coli)*
- Raw or undercooked ground beef, raw (unpasteurized) milk and juice, raw vegetables (such as lettuce), and raw sprouts, contaminated water

1 week

Watery diarrhea, loss of appetite and weight loss. Stomach cramps/pain, bloating, increased gas, nausea, and fatigue.

- *Cyclospora*
- Raw fruits or vegetables, and herbs

1 – 4 weeks

Pregnant women typically experience fever and other flu-like symptoms, such as fatigue and muscle aches. Infections during pregnancy can lead to serious illness or even death in newborns.

Other people (most often older adults): headache, stiff neck, confusion, loss of balance and convulsions in addition to fever and muscle aches.

- *Listeria*
- Queso fresco and other soft cheeses, raw sprouts, melons, hot dogs, pâtés, deli meats, smoked seafood, and raw (unpasteurized) milk.

