

IDENTIFYING COMMON FOODBORNE ILLNESSES:

Cause	Incubation Period	Common Symptoms	Food Sources	Prevention
<i>Clostridium perfringens</i> (claws-trid-ee-um per-fringe-enz)	6-24 hours	Severe cramps, diarrhea, nausea	Meats, gravy, stews, chili, refried beans	Cook ground meats to 155°F. Hot hold cooked food at 140°F or hotter. Cool food to 41°F within 6 hours. Reheat food to 165°F.
Hepatitis A Virus (hep-eh-tie-tus A)	15-50 days	Fever, fatigue, nausea, abdominal discomfort, jaundice (yellowing of the skin and eyes)	Shellfish, infected food handler	Obtain shellfish from approved sources and cook to 145°F. Wash produce thoroughly. Avoid bare hand contact by using disposable gloves. Handwash often.
Norovirus (no-ro-vi-rus)	24-48 hours	Nausea, vomiting, diarrhea, and some stomach cramping. Sometimes a low-grade fever, chills, headache, muscle aches, and malaise.	Ready-to-eat foods contaminated with the virus by an ill-food handler. (Note: The virus can also be spread through direct contact with environmental surfaces contaminated by an ill person.)	Do not allow ill food handlers to be present in a food establishment, prevent bare hand contact with ready-to-eat foods, fully cook foods that are handled with bare hands, handwash often.
<i>Staph aureus</i> (staff aw-ree-us)	1-7 hours	Vomiting, nausea, cramps, sometimes diarrhea	Ham, pastries, custards, salad dressings, sandwiches, infected food handler	Hot hold cooked food at 140°F or hotter. Cold hold foods at or below 41°F. Cool food to 41°F within 6 hours. Do not touch face. Bandage and cover cuts with gloves. Handwash often.
<i>Salmonella</i> (sal-mah-nell-uh)	6-72 hours	Diarrhea, headache, abdominal pain, nausea, fever, sometimes vomiting	Raw or undercooked meats & poultry, shell eggs, cross-contaminated fruits & vegetables, infected food handler	Cook fish, pork, steak and eggs to 145°F. Cook ground meats to 155°F. Cook poultry to 165°F. Hot hold cooked food at 140°F or hotter. Cool food to 41°F within 6 hours. Avoid cross-contamination from raw animal foods. Handwash often.