

[Botulism](#)

Sources	<ul style="list-style-type: none"> <li>• <b>Infants:</b> Honey and products containing honey, such as infant pacifiers filled with or dipped in honey.</li> <li>• <b>Infants, children and adults:</b> Improperly home-canned or preserved foods, including low-acid vegetables and fermented fish; improperly canned commercial foods; herb-infused oils, baked potatoes in aluminum foil, cheese sauce, bottled garlic.</li> </ul>
Incubation period	<ul style="list-style-type: none"> <li>• <b>Infants:</b> 3-30 days</li> <li>• <b>Children and adults:</b> 12-72 hours</li> </ul>
Symptoms	<ul style="list-style-type: none"> <li>• <b>Infants:</b> Lethargy, poor feeding, constipation, weak crying, poor muscle tone (appear "floppy").</li> <li>• <b>Children and adults:</b> Double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle weakness.</li> </ul>
Duration of illness	Variable
What to do	Botulism is a medical emergency. If you have symptoms of botulism, see your doctor or go to the emergency room immediately.
Prevention	<ul style="list-style-type: none"> <li>• Follow safe home canning instructions provided by the <a href="#">National Center for Home Preservation</a>.</li> <li>• Consult with your local <a href="#">Cooperative Extension Service</a>. Most offices have a food safety specialist that can help home canning advice.</li> <li>• Do not feed honey or give honey pacifiers to children younger than 12 months.</li> </ul>

[E. coli](#)

Sources	<ul style="list-style-type: none"> <li>• Contaminated food, especially undercooked ground beef, unpasteurized (raw) milk and juice, soft cheeses made from raw milk, and raw fruits and vegetables (such as lettuce, other leafy greens, and sprouts).</li> <li>• Contaminated water, including drinking untreated water and swimming in contaminated water.</li> <li>• Animals and their environment, particularly cows, sheep, and goats.</li> <li>• Feces of infected people.</li> </ul>
Incubation period	1 to 10 days
Symptoms	<ul style="list-style-type: none"> <li>• Severe diarrhea that is often bloody, severe stomach pain, and vomiting. Usually little or no fever is present.</li> <li>• Symptoms of hemolytic uremic syndrome (HUS) include decreased urine production, dark or tea-colored urine, and facial pallor.</li> </ul>
Duration of illness	5 to 10 days. Most people will be better in 6-8 days. If HUS develops, it usually occurs after about 1 week.
What to do	Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe (including bloody diarrhea or severe stomach pain), call your doctor.
Prevention	<ul style="list-style-type: none"> <li>• Avoid eating high-risk foods, especially undercooked ground beef, unpasteurized milk or juice, soft cheeses made from unpasteurized milk, or sprouts.</li> <li>• Use a food thermometer to make sure that ground beef has reached a safe internal temperature of 160° F.</li> <li>• Wash hands before, during, and after preparing food, after diapering infants, and after contact with cows, sheep, or goats, their food or treats, or their living</li> </ul>

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[Staphylococcus aureus](#)  
[Staphylococcal \(Staph\) Food Poisoning](#)

Sources	People who carry the bacteria <i>Staphylococcus aureus</i> (Staph), which is commonly found on the skin, can contaminate food if they don't wash their hands before touching it. Foods that are not cooked after handling, such as sliced meats, puddings, pastries, and sandwiches, are especially risky if contaminated with Staph.
Incubation period	30 minutes to 8 hours
Symptoms	Sudden start of nausea, vomiting, and stomach cramps. Most people also have diarrhea.
Duration of illness	1 day
What to do	Drink plenty of fluids. If you cannot drink enough fluids to prevent dehydration, call your doctor. Your doctor may give you medicine to decrease nausea and vomiting.
Prevention	<ul style="list-style-type: none"> <li>• Use a food thermometer and cook foods to their <a href="#"><u>safe minimum internal temperature</u></a>.</li> <li>• Keep hot foods hot (140°F or hotter) and cold foods cold (40°F or colder).</li> <li>• Store cooked food in shallow containers and refrigerate within 2 hours (or 1 hour if it's hotter than 90° F outside).</li> <li>• <a href="#"><u>Wash your hands</u></a> for 20 seconds with soap and water before, during, and after preparing food, and before eating.</li> <li>• Do not prepare food if you are ill with diarrhea or vomiting.</li> <li>• Wear gloves while preparing food if you have wounds or infections on your hands or wrists.</li> </ul>

[Shigella](#)

Sources	Contact with an infected person or consumption of contaminated food or water. <i>Shigella</i> foodborne outbreaks are most often associated with contamination by a sick food handler.
Incubation period	1 to 7 days (usually 1 to 2 days)
Symptoms	Sudden stomach cramping, fever, diarrhea that may be bloody or contains mucus, nausea, and feeling the need to pass stool even when the bowels are empty.
Duration of illness	5 to 7 days
Who's at risk?	Children, especially toddlers aged 2-4, though anyone can be infected with <i>Shigella</i> .
What to do	Drink plenty of fluids and get rest. Stay home from school or work to avoid spreading the bacteria to others. If you cannot drink enough fluids to prevent dehydration or have bloody diarrhea, call your doctor.
Prevention	<ul style="list-style-type: none"> <li>• Wash hands with soap carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing foods or beverages.</li> <li>• Stay home from healthcare, food service, or childcare jobs while sick or until your health department says it's safe to return.</li> <li>• Keep children with diarrhea out of child care settings and school while they are ill.</li> <li>• Dispose of soiled diapers properly.</li> <li>• Disinfect diaper changing areas after using them.</li> <li>• Supervise handwashing of toddlers and small children after they use the toilet.</li> <li>• Do not prepare food for others while ill with diarrhea</li> <li>• Avoid swallowing water from ponds, lakes, or untreated pools.</li> <li>• Avoid having sex (vaginal, anal, or oral) for</li> </ul>

one week after you no longer have diarrhea.

- When traveling in developing countries, drink only treated or boiled water, and eat only cooked hot foods or fruits you peel yourself.

[Salmonella](#)

Sources	<p><b>Food:</b> A variety of foods have been linked to Salmonella, including vegetables, chicken, pork, fruits, nuts, eggs, beef and sprouts.</p> <p><b>Animals and their environments:</b> Particularly reptiles (snakes, turtles, lizards), amphibians (frogs), birds (baby chicks) and pet food and treats.</p>
Incubation period	12 to 72 hours
Symptoms	Diarrhea, fever, stomach cramps, vomiting
Duration of illness	4 to 7 days
What to do	<p>Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe, call your doctor.</p> <p>Antibiotics are recommended only for patients who have a serious illness (such as severe diarrhea, high fever, or bloodstream infection), or are more likely to develop a severe illness or complications (infants, adults over 65 years old, and people with weakened immune systems).</p>
Prevention	<ul style="list-style-type: none"> <li>• Avoid eating high-risk foods, including raw or lightly cooked eggs, undercooked ground beef or poultry, and unpasteurized (raw) milk.</li> <li>• Wash your hands after contact with animals, their food or treats, or their living environment.</li> </ul>