



COMMON PATHOGENS

Common Pathogens	Incubation Period	Common Sources	Common Symptoms
Bacillus Cereus	1-6 hrs (vomiting) 6-24 hrs (diarrhea)	Soil organism typically found in raw dry and processed foods (i.e., rice)	Nausea and diarrhea. Typically resolves within 24 to 48 hours.
Botulism (C. botulinum)	12 to 72 hrs (usually 18 to 36 hrs)	Improperly canned home and commercial foods (including cans with dents and punctures), meats, sausage, fish, potatoes, leftover stews and water	Nausea, vomiting, diarrhea, fatigue, headache, dry mouth, double vision, muscle paralysis, respiratory failure. Duration is variable (days to months).
Campylobacter (C. jejuni)	2 to 7 days (usually 3 to 5 days)	Raw milk and eggs, raw or undercooked beef, poultry and shellfish, and water	Diarrhea (often bloody), abdominal cramps, nausea and headaches. Typically resolves within 1 to 10 days
Clostridium Perfringins	8 to 22 hrs (average is 12 hrs)	Poultry and other meats, along with other foods held for serving at "warm" temps	Diarrhea, abdominal cramps and vomiting; usually no fever. Typically resolves within 1 to 2 days.
Cryptosporidium	2 to 28 days (average is 7 days)	Contaminated water supply; vegetables, unpasteurized milk, and person-to-person and person-to-food transmission.	Watery diarrhea, stomach cramping, nausea, vomiting and fever. Duration is variable (days to weeks).
E. coli O157:H7	24+ hrs to 10 days (usually 3 to 4 days)	Ground beef, raw milk, raw produce and vegetables, and person-to-person and person-to-food transmission.	Diarrhea (often bloody), abdominal cramps and vomiting; usually no fever. HUS may develop in rare cases. Typically resolves within 1 to 8 days (in non-complicated cases)
Hepatitis A	15 to 50 days (average is 28 days)	Person-to-person and person-to-food transmission, and shellfish from contaminated water.	Diarrhea, dark urine, jaundice and flu-like symptoms, including headaches, fever, nausea and abdominal pain. Duration is variable (ranging a few weeks to 3 months).
Listeria	9-48 hrs (for GI symptoms) 2 to 6 weeks (for invasive disease)	Fresh soft cheeses, unpasteurized or inadequately pasteurized milk, ready-to-eat deli meats and hot dogs.	Fever, muscle aches, nausea, diarrhea; pregnant women may suffer flu-like symptoms and stillbirth; elderly, immune-compromised and infants can develop sepsis and meningitis. Duration is variable.
Norovirus	12 to 72 hrs (usually 24 to 48 hrs)	Common person-to-person and person-to-food transmission; contaminated foods such as oysters, and contaminated water and ice.	Diarrhea, abdominal cramps, vomiting, headaches and fever. Typically resolves within 1 to 3 days.
Salmonella	6 to 72 hrs (usually 12-36 hrs)	Poultry, eggs, meats, sprouts, person-to-person and person-to-food transmission.	Diarrhea, abdominal cramps, nausea, vomiting and fever. Typically resolves within 4 to 7 days.
Shigella	24 to 72 hrs (usually 36 to 48 hrs)	Person-to-person and person-to-food transmission; contaminated foods, raw vegetables, egg salads and water/ice.	Watery diarrhea, nausea, vomiting, abdominal cramps, chills and fever. Stool may contain blood and mucus. Typically resolves within 4 to 7 days.
Staphylococcus aureus (toxin)	30 minutes to 8 hrs (usually 2 to 4 hrs)	Custards, cream fillings potato-type salads and sliced meats.	Diarrhea, abdominal cramps, nausea and vomiting. Typically resolves within 24 to 48 hrs.