

The most common food-borne illnesses



<i>Norovirus</i>	Contaminated individuals, surfaces, water or food, such as: raw salads, fruit, or seafood, especially oysters.	12 to 48 hrs. 1-3 days until improvement.	Diarrhea, nausea, vomiting, abdominal pain
<i>Salmonella</i>	Raw or under cooked eggs, meat, or poultry. Unpasteurized milk or juice, raw fruits, vegetables.	12 to 72 hrs. 4-7 days until improvement.	Diarrhea, fever, abdominal cramps
<i>Clostridium perfringens</i>	Beef or poultry (especially large roasts), gravy, precooked foods.	6 to 24 hours. Resolves within 24 hrs.	Diarrhea, stomach cramps
<i>Campylobacter</i>	Contaminated water, raw or under cooked meat or poultry, unpasteurized milk.	2 to 5 days. May last for up to a week.	Diarrhea (can be bloody), stomach cramps, fever
<i>Staphylococcus aureus</i>	Foods handled by infected people and not cooked before eaten (sliced deli meats, sandwiches, puddings, pastries)	30 mins to 6 hours. Lasts 1 day.	Diarrhea, nausea, stomach cramps, vomit