

THE TERRIBLE TEN

A Field Guide to Pathogens Found in Foodservice

CAMPYLOBACTER

(Common Name: *Campylobacteriosis*)

Time Until Onset: 2-5 days

Symptoms: Diarrhea (may be bloody), cramps, fever, and vomiting

Duration: 2-10 days

Foodservice Origins: Raw or undercooked poultry, unpasteurized milk, contaminated drinking water



SALMONELLA

(Common Name: *Salmonellosis*)

Time Until Onset: 6-48 hours

Symptoms: Diarrhea, fever, abdominal cramps, vomiting

Duration: 4-7 days

Foodservice Origins: Eggs, poultry, meat, unpasteurized milk or juice, cheese, contaminated raw fruits and vegetables



CLOSTRIDIUM BOTULINUM

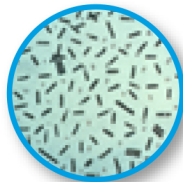
(Common Name: *Botulism*)

Time Until Onset: 12-72 hours

Symptoms: Vomiting, diarrhea, blurred vision, double vision, difficulty in swallowing, muscle weakness

Duration: Variable

Foodservice Origins: Improperly canned foods (especially home-canned vegetables), fermented fish, baked potatoes in aluminum foil



SHIGELLA

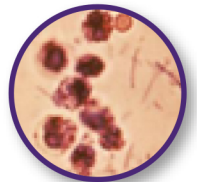
(Common Name: *Shigellosis* or *Bacillary dysentery*)

Time Until Onset: 4-7 days

Symptoms: Abdominal cramps, fever, and diarrhea, stools may contain blood and mucus.

Duration: 24-48 hrs

Foodservice Origins: Raw produce, contaminated drinking water, uncooked foods and cooked foods that are not reheated after contact with an infected food handler



ESCHERICHIA COLI O157:H7

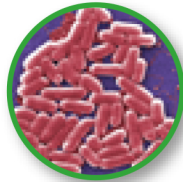
(Common Name: *Hemorrhagic colitis*)

Time Until Onset: 1-8 days

Symptoms: Severe (often bloody) diarrhea, abdominal pain and vomiting.

Duration: 5-10 days

Foodservice Origins: Undercooked beef (especially hamburger), unpasteurized milk and juice, raw fruits and vegetables, contaminated drinking water



STAPHYLOCOCCUS AUREUS

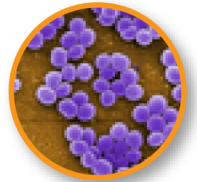
(Common Name: *Staphylococcal food poisoning*)

Time Until Onset: 1-6 hours

Symptoms: Sudden severe nausea and vomiting, abdominal cramps, diarrhea and fever may be present.

Duration: 24-48 hours

Foodservice Origins: Unrefrigerated or improperly refrigerated meats, potato and egg salads, cream pastries



LISTERIA MONOCYTOGENES

(Common Name: *Listeriosis*)

Time Until Onset: 9-48 hrs for gastro-intestinal symptoms, 2-6 weeks for invasive disease

Symptoms: Fever, muscle aches, and nausea or diarrhea.

Duration: Variable

Foodservice Origins: Unpasteurized milk, soft cheeses made with unpasteurized milk, ready-to-eat deli meats



TOXOPLASMA GONDII

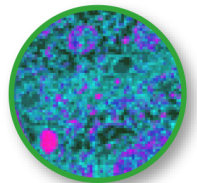
(Common Name: *Toxoplasmosis*)

Time Until Onset: 5-23 days

Symptoms: "Flu"-like symptoms including swollen lymph glands, muscle aches and pains, prolonged fever

Duration: A few weeks to months

Foodservice Origins: Undercooked, contaminated meat (especially pork, lamb, and venison), contaminated drinking water



NOROVIRUS

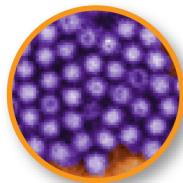
(Common Name: *viral gastroenteritis, food poisoning and food infection*)

Time Until Onset: 12-48 hrs

Symptoms: Nausea, vomiting, abdominal cramping, diarrhea, fever, headache.

Duration: 12-60 hrs

Foodservice Origins: Raw produce, contaminated drinking water, uncooked foods and cooked foods that are not reheated after contact with an infected food handler; shellfish from contaminated waters



VIBRIO VULNIFICUS

(Common Name: *V. vulnificus* infection)

Time Until Onset: 1-7 days

Symptoms: Vomiting, diarrhea, abdominal pain, bloodborne infection. Fever, bleeding within the skin, ulcers requiring surgical removal.

Duration: 2-8 days

Foodservice Origins: Undercooked or raw seafood, such as shellfish (especially oysters)



SOURCES: Centers for Disease Control & Prevention; U.S. Food & Drug Administration; Centers for Disease Control and Prevention, electronically accessed from: <http://www.cdc.gov/foodsafety/>, May 2014



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