Foodborne illness

Pathogen	Microbe	Signs and symptoms	Incubation period	Food involved
Anisakis simplex (infection)	Protozoa	Abdominal pain, vomiting, coughing	12 hours to several days	Salt-water fish
Bacillus cereus (toxico-infection)	Bacteria	Nausea, abdominal pain, diarrhea, vomiting	Up to 24 hours	Cereal products, rice, custards and sauces, meatloaf
Campylobacter jejuni (infection)	Bacteria	Diarrhea (sometimes bloody), severe abdominal pain, fever, anorexia, headache, vomiting	2 to 5 days	Raw milk, poultry, beef liver, raw clams, contaminated water
Clostridium botulinum (intoxication)	Bacteria	Vertigo; double vision; difficulty swallowing, speaking, and breathing; weak muscles; respiratory paralysis **Frequently fatal**	18 to 36 hours	Home-canned low-acid food, garlic and oil mixtures, vacuum-packed fish, fermented fish eggs, fish, marine mammals
Clostridium perfringens (toxico-infection)	Bacteria	Abdominal pain, diarrhea	8 to 22 hours	Cooked meat, poultry, gravy, sauces, soups
Cryptosporidium (infection)	Protozoa	Severe diarrhea, low-grade fever, severe intestinal distress	1 to 12 days	Any food product that comes into contact with a contaminated person or contaminated water

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Escherichia coli 0157:h7 (E. coli) (toxico-infection)	Bacteria	Severe abdominal pain, diarrhea (sometimes bloody), nausea, vomiting, fever, chills, headache, muscular pain, bloody urine	24 to 72 hours	Soft unpasteurized cheese, contaminated water, any undercooked animal-source foods (especially hamburger)
Giardiasis lamblia (infection)	Protozoa	Abdominal pain, diarrhea, fever, cramps	1 week	Contaminated water, raw vegetables and fruits
Hepatitis A (infection)	Virus	Abdominal pain, diarrhea, fever, cramps	15 to 50 days	Shellfish; contaminated water; any food contaminated by the feces, urine or blood of infected humans and other primates
Listeria monocytogenes (infection)	Bacteria	Nausea, vomiting, stomach cramps, diarrhea, headache, constipation, fever	1 to 70 days	Unpasteurized milk, soft cheeses, undercooked poultry, prepared meats, unwashed raw vegetables
Norovirus (infection)	Virus	Nausea, vomiting, diarrhea, abdominal pain	24 to 72 hours	Contaminated water, food, or food-contact surfaces
Salmonella (infection)	Bacteria	Abdominal pain, diarrhea, chills, fever, nausea, vomiting	Usually 12 to 36 hours, but could be 6 to 72 hours	Poultry, meat and meat products, eggs and egg products, other food contaminated by the feces of infected humans and other animals

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Shigella (infection)	Bacteria	Abdominal pain, diarrhea (sometimes bloody), chills, fever, dehydration	12 to 50 hours	Moist prepared foods (especially salads such as potato, tuna, and macaroni salads), raw fruits and vegetables, unpasteurized milk and dairy products, poultry
Staphylococcus (intoxication)	Bacteria	Nausea, vomiting, abdominal pain, diarrhea	2 to 4 hours	Ham, meat, poultry, cream-filled pastry, food mixtures, leftover foods
Trichinella (infection)	Parasitic roundworm (Note that technically, parasitic roundworms are not considered microbes)	Abdominal pain, vomiting, nausea, fever, swelling around the eyes, muscular pain, chills, laboured breathing	1 to 2 days for gastrointestinal symptoms; other symptoms occur within 2 to 4 weeks	Pork, bear meat, walrus flesh
Yersinia (infection)	Bacteria	Watery diarrhea, vomiting, abdominal pain, fever, headache, sore throat; may mimic appendicitis	24 to 48 hours	Meats (especially pork, beef, and lamb), tofu, oysters, fish, ice cream, powdered milk, unpasteurized milk, raw vegetables, soy products

Other types of foodborne illness

Cause of illness	Signs and symptoms	Incubation period	Food involved
Allergies	Flushing, tingling skin, hives, difficulty breathing, anaphylactic shock **Sometimes fatal**	Varies—can be instantaneous	Various—common allergens include nuts, wheat, soya, MSG, milk, eggs, fish/ shellfish, sulphites
Food intolerance and sensitivities	Nausea, vomiting, diarrhea, bloating, fatigue, weakness, headaches	Varies—can be instantaneous	Various
Paralytic/neurologic shellfish poisoning (also known as red tide poisoning)	Tingling, burning, numbness around lips and fingertips, giddiness, incoherent speech, difficulty standing, respiratory paralysis	30 minutes to 2 hours	Mussels, clams, and other bivalve molluscs