

**TABLE 1. COMMON FOOD-BORNE PATHOGENS**

Pathogen	Source	Symptoms	Average Time for Symptoms to Develop
<i>Clostridium botulinum</i>	<ul style="list-style-type: none"> <li>canned (especially home-canned) foods</li> <li>aged meats from marine mammals</li> </ul>	<ul style="list-style-type: none"> <li>causes botulism (The <i>Clostridium botulinum</i> bacteria do not make people ill, but the poisons produced by the pathogen do.)</li> <li>double vision, nausea, vomiting, fatigue, dizziness, headache, and dryness of the throat and nose</li> <li>in extreme cases, symptoms may progress to respiratory failure and death</li> </ul>	12 to 36 hours
<i>Campylobacter</i>	<ul style="list-style-type: none"> <li>undercooked poultry, beef, pork, lamb, or shellfish</li> <li>raw vegetables</li> <li>untreated water</li> <li>unpasteurized milk</li> </ul>	<ul style="list-style-type: none"> <li>causes campylobacteriosis</li> <li>fever, headache, muscle pain, diarrhea, stomach pain, and/or nausea</li> <li>may lead to Guillain-Barré Syndrome (auto-immune disorder)</li> </ul>	2 to 5 days
<i>Escherichia coli</i> ( <i>E. coli</i> )	<ul style="list-style-type: none"> <li>undercooked meat and poultry</li> <li>raw vegetables and fruits</li> <li>untreated water</li> <li>unpasteurized milk</li> </ul>	<ul style="list-style-type: none"> <li>range from minor flu-like symptoms to more severe stomach cramps, vomiting, and fever, and, eventually, kidney failure</li> </ul>	1 to 10 days
<i>Listeria</i>	<ul style="list-style-type: none"> <li>milk products</li> <li>vegetables</li> <li>ready-to-eat fish and meat products</li> </ul>	<ul style="list-style-type: none"> <li>causes listeriosis</li> <li>flu-like nausea, vomiting, cramps, and fever</li> <li>can result in a brain or blood infection</li> </ul>	1 to 21 days
<i>Clostridium perfringens</i>	<ul style="list-style-type: none"> <li>foods high in protein or starch, such as cooked beans or gravies</li> <li>more likely to be a problem in improperly handled leftovers</li> </ul>	<ul style="list-style-type: none"> <li>gassy, watery diarrhea, cramps, and headache</li> </ul>	6 to 24 hours
<i>Salmonella</i>	<ul style="list-style-type: none"> <li>raw poultry</li> <li>raw and undercooked meats</li> <li>unpasteurized milk</li> <li>eggs</li> <li>vegetables and fruits, if they have been in soil contaminated with animal waste</li> </ul>	<ul style="list-style-type: none"> <li>causes salmonellosis</li> <li>mild diarrhea, abdominal cramps, vomiting and fever, which can lead to severe dehydration</li> </ul>	6 to 72 hours