

Bacteria	Source	Vehicle	Route	Symptoms	Onset Period	Recovery
Bacillus Cereus	Cereals, environment	Dirty surfaces, hands, utensils	Cooked rice, corn flour, sauces	Acute vomiting, some diarrhoea	8-16 hours	12-48 hours
Campylobacter	Animals, including domestic pets, birds, contaminated water	Raw or undercooked meat especially poultry, unpasteurised milk, bird pecked milk on doorsteps, untreated water, pets with diarrhoea	Undercooked foods, faecal-oral route	Abdominal cramp, diarrhoea, often bile stained. Vomiting uncommon	1-11 days (usually 2 – 5 days)	3 days - 3 weeks
Clostridium Botulinum	Soil, meat, fish, including smoked	Imperfectly processed canned and bottled foods	Airtight packaged food e.g. canned and bottled foods	Fatigue, dizziness, headache, possible death	12-96 hours (usually 12 – 36)	Very slow, can be fatal
Clostridium Perfringens	Animal excreta, human excreta, raw meats, soil & dust	Soil, dust, utensils, work surfaces, hands, unwashed vegetables and fruit	Warm storage, slow cooking, braised, stewed and steamed foods	Abdominal pain, diarrhoea	8-22 hours (usually 12 – 18)	12-48 hours
Cryptosporidium	Animal and human excreta, contaminated water	Contact with infected animals, humans, water	Contact with infected animals, humans, water.	Profuse, watery diarrhoea	2 – 5 days	Up to 4 weeks
E Coli	Animal and human excreta, water	Hands, utensils, surfaces	Raw foods to cooked / ready-to-eat foods	Diarrhoea (mucus and blood)	1 – 6 days	1-5 days
Giardia	Animal and human excreta.	Hands, surfaces, water	Person to person.	Diarrhoea, abdominal cramps	5 – 25 days	Up to several weeks
Salmonella	Poultry, meat, raw egg products, human and animal excreta, carriers	Utensils, work surfaces, hands	Contamination from raw to cooked / ready-to-eat food	Diarrhoea, vomiting, fever	6-72 hours. Usually 12-24 hours	1-7 days
Staphylococcus Toxin	Skin, nose, spots and	Hands, coughs, sneezes, open	Cooked / ready-to-eat	Vomiting, diarrhoea,	2-6 hours	Rapid

	boils	infected wounds	food	abdominal cramps		
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