

Summary of some common food poisoning organisms

Name	Causal Agent	Food examples	Incubation period (after eating food)	Symptoms
Salmonella	Eggs, raw meat, pets, terrapins, sewage	Raw eggs, raw chicken	Usually 12 – 36 hr	Diarrhoea, vomiting, fever, abdominal pain
Staphylococcus aureus	Humans, poor hygiene, cuts, nose	High risk foods, hand prepared items, cakes	Usually 1 – 6 hrs	Abdominal pain, vomiting, prostration, temperature
Listeria monocytogenes		Refrigerated products held for long period. Cheese, especially soft cheeses		Flu like symptoms.
Clostridium botulinum	Soil, fish, meat, veg	Canning. Smoked fish. Vacuum packing	Usually 12–36 hr but could be 2 hours to 8 days	Paralysis of the nervous system and respiratory system, death
Campylobacter	Infection of meat after slaughter	Chicken, red meat, dairy. Also pecked milk bottles	Usually 2 – 5 days	Diarrhoea Abdominal pain
E-Coli 0157	Sewage Raw meat Petting farms	Raw meats Contaminated products. Unwashed salad items	Usually 1 – 5 days	Abdominal pain Bloody diarrhoea Vomiting Kidney failure Death
Bacillus cereus	Cereals, rice, dust, soil	Cooked rice left to cool slowly	12 – 48 hrs	Vomiting, diarrhoea, nausea
Clostridium perfringens	Faeces, dust, soil, raw meat	Large quantities of high risk foods: sauces, stews, joints	Usually 12-18 hrs	Abdominal pain and diarrhoea. 48 hrs

This list is by no means comprehensive nor is it a replacement for proper medical advice.

You should seek medical advice immediately if you suspect food poisoning.