



DEPARTMENT OF ENVIRONMENTAL HEALTH
County of Riverside

INFORMATIONAL BULLETIN NO. 67-91-DES

DISTRICT ENVIRONMENTAL SERVICES DIVISION

**COMMONLY ENCOUNTERED
FOOD POISONINGS AND SYMPTOMS**

Bacillus cereus

Symptoms: Nausea, vomiting, diarrhea, abdominal pain
Onset Time: 6-15 hours*
Food Involved: Boiled / fried rice, cereals, soups, custards, sauces, meatloaf, sausage, cooked vegetables
Specimens to collect: Stool, vomitus
*Heat labile type (diarrheal) has an onset time of 8-16 hrs.

Clostridium perfringens

Symptoms: Abdominal pain, diarrhea
Onset Time: 8-22 hours
Food Involved: Cooked meat, poultry, gravy
Specimens to collect: Stools

Escherichia coli

Symptoms: Abdominal pain, diarrhea, muscular pain, vomiting, chills, headache, nausea, fever
Onset Time: 1-4 days
Food Involved: Various foods, water
Specimens to collect: Stools, rectal swabs

Shigellosis

Symptoms: Abdominal pain, diarrhea, fever, bloody mucoid stools, tenesmus
Onset Time: 1-2 days
Food Involved: Salads, water
Specimens to collect: Stools, rectal swabs

Norovirus

Symptoms: Diarrhea, nausea, stomach pain, vomiting, fever, headache, body aches
Onset Time: 12-48 hours
Food Involved: Any food item contaminated with stool or vomit from an infected person
Specimens to collect: Stool, Vomitus

Campylobacter enteritis

Symptoms: Abdominal pain, diarrhea, fever, malaise, headaches
Onset Time: 2-5 days
Food Involved: Raw milk, water, raw poultry or meat
Specimens to collect: Stools, rectal swabs, blood

Chemical Contamination

Symptoms: Nausea, vomiting, diarrhea, abdominal pain
Onset Time: 6-24 hours
Food Involved: Chemicals induced into any food item
Specimens to collect: Stool, vomitus

Salmonella

Symptoms: Abdominal pain, diarrhea, chills fever, nausea, vomiting, malaise
Onset Time: 6-72 hours
Food Involved: Poultry, meat, eggs
Specimens to collect: Stools, rectal swabs, blood

Staphylococcal (Staphylococcus aureus)

Symptoms: Nausea, vomiting, diarrhea abrupt/violent abdominal pain
Onset Time: 30 minutes – 6 hours
Food Involved: Ham, meat, poultry, cream filled pastry, food mixtures, milk, cheese
Specimens to collect: Stools, vomitus, rectal swabs nasal swabs

Listeria

Symptoms: Pregnant Women: flu-like symptoms
Other than Pregnant: headache, stiff neck, confusion, loss of balance, convulsions, fever, muscle aches
Onset Time: 1-3 weeks
Food Involved: Soft cheeses, raw sprouts, melons, hot dogs, lunch meats, smoked seafood
Specimens to collect: Blood

*Document available in an alternate format upon request

OFFICES IN: RIVERSIDE, BLYTHE, CORONA, HEMET, INDIO, MURRIETA AND PALM SPRINGS

For more information call (888) 722-4234

Department Web Site – www.rivcoeh.org