

Name	Facts	Source	Symptoms	Prevention
Salmonella	Over 2000 types of this bacteria are killed by cooking.	Main source: raw poultry and eggs. Other sources: Raw meat, fish, unpasteurized milk	Nausea, vomiting diarrhea It can last up to three days.	Cook poultry thoroughly. Wash hands often. Sanitize food preparation tools and areas; prevent cross contamination
Staphylococcus aureus Or staph	Is not destroyed by heat. Keep foods out of danger zone; these bacteria thrive at room temperature.	Human body: nasal passages (nose and throat passages), cuts and sores; sneezing or coughing	Nausea, diarrhea, vomiting, stomach cramps Begins 8 to 12 hours after eating and can last up to 2 days.	Cover mouth when coughing or sneezing, wash hands often, wear Band-Aids on cuts
E-Coli	Can cause death especially in children and the elderly.	Raw/undercooked beef, especially hamburger, unpasteurized milk	Nausea, vomiting, stomach cramps, bloody diarrhea	Cook meat thoroughly: keep hot food hot and cold food cold
Botulism	The strongest type of food poisoning. These bacteria will grow if there is no oxygen 1 Tbsp. in New York's water supply would kill the whole city. Over half of the cases of botulism are fatal. Never taste food to see if it is still good.	Improperly processed low-acid foods. For example, poorly processed canned goods.	Headache, bloating, nausea, diarrhea 12 to 36 hours after eating; double vision, difficulty speaking, swallowing and breathing	Use proper methods when processing low-acid foods; check for signs of unsafe food. For example: cans or jars that are leaking, rusting, bulging, or have holes.

Perfringens	“banquet germs” Most outbreaks happen at restaurants, picnics, and banquets. They thrive at room temperature, common in foods that have been left out for a long time.	Enter food through polluted water and unwashed fruits and vegetables, or dust that settles on food.	Begins 4 to 22 hours after eating, lasts about one day: stomach pain and discomfort.	Keep foods out of the danger zone; wash fruits and vegetables
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