

Foodborne Illness	Source/Reservoirs	Preferred Foods	Best Control Methods
Hepatitis A Infection	Virus/Infection Infected humans	Ready-to-eat, shellfish	Proper & thorough hand washing
Norwalk Virus Infection	Virus/Infection Infected humans	Ready-to-eat, vegetables, raw shellfish, processing water	Proper cooking, use of potable water, Proper & thorough hand washing, do not consume raw shellfish
Trichinosis Infection	Parasite/ Trichinella spiralis, wild game, pork	Undercooked wild game animals and occasionally undercooked pork	Thorough cooking
Anisakias Infection	Parasite/larval ascaridoid nematodes, saltwater fish, squid & octopus	Saltwater fish, squid and octopus	Thoroughly cook fish, Freeze fish to -4°F for 7 days or to -31°F or below for 15 hours in a blast freezer.
Clostridium botulinum Intoxication	Bacteria, anaerobic, spore forming, Found in soil	Canned, vacuum packaged foods, garlic in oil	Used properly processed foods only, not home canned foods, avoid badly dented, swollen and leaking cans
Clostridium perfringens Intoxication	Bacteria, anaerobic, spore forming, Found in soil,	Beef, turkey, chicken, stews, gravy	Properly cook, cool and reheat all foods, wash produce, effective clean equipment
Staphylococcus aureus Intoxication (Toxin is very heat stable)	Bacteria, facultative anaerobe, Found on the skin, nose and hands of 50% of all people	Poultry, meats, salads, sandwiches, dairy products, bakery products (esp. creamed filled)	Good hygienic practices, proper and thorough hand washing. Proper temperature control
E. coli O157:H7 Infection	Bacteria, facultative anaerobe, Found in cattle	Ground beef, raw vegetables, apple cider, unpasteurized apple juice,	Proper cooking procedures, washing produce, prevention of cross contamination, Proper hand washing
Salmonella ssp. Infection	Bacteria, facultative anaerobe, Found in feces, raw poultry, meats, eggs	Poultry, eggs, meats	Proper cooking procedures with adequate time/temperature controls prevention of cross contamination,
Shigella spp. Infection	Bacteria, facultative anaerobe, Found in human and animal feces, flies	Ready-to-eat foods, salads, sandwiches, vegetables	Good personnel hygiene, vector(fly) control
Bacillus cereus Intoxication	Bacteria, aerobic spore former, Widely distributed in the environment	Rice, grains, cereals, meats, dairy products, vegetables	Proper heating and cooling, temperature controlled storage
Campylobacter jejuni Infection	Bacteria, microaerophilic, Found on raw poultry, cats, puppies	Raw, undercooked poultry, improperly pasteurized milk	Thorough cooking, prevention of cross contamination, Proper hand washing
Listeria monocytogenes Infection (Is especially dangerous to pregnant women)	Bacteria, facultative anaerobe, Distributed throughout the environment, in soil	Inadequately pasteurized milk, soft cheeses, processed meats such as deli meats and hot dogs	Proper food processing, time/temperature control, Proper hand washing

Vibrio spp. Infection	Bacteria, facultative anaerobe, Found in estuarine waters (Vibrio cholerae or Epidemic cholera is found in raw sewage)	Raw shellfish, improperly cooked fish	Properly cook all shellfish and fish, Avoid raw seafood – especially oysters, Proper hand washing
Ciguatera Intoxication	Naturally occurring toxin	Larger fish such as Barracuda feed on smaller fish that have fed on toxic algae from a contaminated reef	Buy fish from a reputable and known source. (Cooking will not destroy the toxin.)
Scombrototoxin or Histamine Poisoning	Naturally occurring toxin	When certain fish (tuna, amberjack, bluefish, mahi mahi, mackerel) are temperature abused, bacteria in the decomposing flesh produce histamines.	Buy fish from a reputable and known source, Proper temperature control (Cooking will not destroy the toxin.)
Chemical Contamination	Food additives such as sulfites, cleaning agents, Sanitizers, pesticides		Follow label direction when using additives, proper storage and use of cleaners and chemicals
Physical Contamination	Hair, finger nails, metal fragments, jewelry, dirt		Practice good personnel hygiene, good sanitation and maintain utensil and equipment in good repair