

AN OVERVIEW OF THE BUGS THAT AIL PATIENTS AND WHERE THEY COME FROM

NAME THAT BUG	WHAT'S YOUR POISON?	RECIPE FOR DISASTER	WHAT'S ON THE SYMPTOM MENU?	ETA FOR TOXIC MELTDOWN	HOW TO BEAT THE BUG BEFORE IT'S TOO LATE
CAMPYLOBACTER JEJUNI	- Contaminated food or water - Raw poultry, fresh produce or unpasteurized milk - Close contact with infected people or animals	- Mushrooms - Improper cooking or pasteurization	- Fever - Diarrhea — sometimes bloody - Nausea and vomiting - Symptoms lasts two to five days	Two to four days	- Sensitive to drying or freezing - It can survive in liquid for several weeks
CLOSTRIDIUM BOTULINUM	- Canned foods — like smoked fish, mushrooms and other vegetables - Home-canned foods with low-acid content like asparagus, green beans, beets and corn	Unsanitary canning and food processing	- Double vision, blurred vision, drooping eyelids - Slurred speech, difficulty swallowing, dry mouth - Muscle weakness - Symptoms last two to eight weeks	Incubation lasts six days to two weeks. But symptoms usually occur within 24 hours	- Can be destroyed by cooking - Toxin can be neutralized by boiling for five to 10 minutes
E COLI	- Contaminated water and food - Many outbreaks of E Coli are due to undercooked hamburger meat	Inadequate cooking or recontamination of cooked products	- Acute and severe diarrhea — both bloody and nonbloody - Stomach cramping, abdominal pain, gas and vomiting - Loss of appetite and fever - Symptoms usually last about three days	24 to 72 hours	Proper cooking is enough to do in this bug
SALMONELLA	Raw meats, poultry, eggs, milk and dairy products, fish, shrimp, frog legs, yeast, coconut, sauces and salad dressing, cake mixes, cream-filled desserts and toppings, dried gelatin, peanut butter, cocoa and chocolate	- Insufficient cooking of meat - Poor refrigeration, Poor hygiene (unwashed hands)	- Fever, chills, nausea, vomiting and moderate to severe diarrhea, which is sometimes bloody. - Symptoms can last up to seven days	12 to 72 hours	Adequate cooking temperatures will do the trick
STAPHYLOCOCCUS AUREUS	Cold dishes of meat and poultry, prepared foods such as custards, trifles and cream products	Poor personal hygiene of food handlers	- Intense vomiting and watery diarrhea - Infection usually lasts about six to 24 hours	One to two hours	Bacteria is destroyed by normal cooking
SHIGELLA	- Salads (potato, tuna, shrimp, macaroni and chicken) - Raw vegetables, dairy products and poultry	Fecally contaminated water and unsanitary handling	- Bloody diarrhea, cramps, fever, nausea and vomiting - Symptoms usually last five to seven days.	12 to 30 hours.	Cooking will spell its demise
VIBRIO PARA-HAEMOLYTICUS	Raw and cooked seafood, especially shellfish	Insufficient cooking followed by improper storage temperature	- Headache, fever - Diarrhea, vomiting and cramps - Infection usually lasts three to five days	Eight to 24 hours	Proper refrigeration and cooking is the best way to tackle this bug