

CANADA'S 10 LEAST WANTED FOODBORNE PATHOGENS

PATHOGEN:

VIBRIO



SYMPTOMS	START OF SYMPTOMS / HOW LONG THEY LAST	HOW YOU CAN GET SICK	POTENTIAL HEALTH IMPACTS	FOOD COMMONLY ASSOCIATED	HOW TO PROTECT YOURSELF
<p><i>V. parahaemolyticus</i> Diarrhea (watery)</p> <p>Stomach cramps</p> <p>Nausea</p> <p>Vomiting</p> <p>Fever</p> <p>Headache</p> <p><i>V. cholerae</i> Diarrhea (watery)</p> <p>Leg cramps</p> <p>Vomiting</p> <p>Low blood pressure</p>	<p><i>V. parahaemolyticus</i> Symptoms usually</p> <ul style="list-style-type: none"> • start within 12 to 24 hours • last up to 3 days <p><i>V. cholerae</i> Symptoms usually</p> <ul style="list-style-type: none"> • start within 1 to 3 days • last up to 7 days 	<p><i>V. parahaemolyticus</i> By eating raw or undercooked shellfish, especially oysters</p> <p>Through contact with the feces of a sick person</p> <p><i>V. cholerae</i> By eating or drinking contaminated food or beverage while travelling to developing countries, where foodborne illness from <i>V. cholerae</i> is common</p>	<p><i>V. parahaemolyticus</i> Severe illness is rare and occurs more commonly in people with weakened immune systems.</p> <p><i>V. cholerae</i> Rapid loss of body fluids can lead to dehydration and shock. Without treatment, death can occur within hours.</p>	<p>Raw, undercooked or contaminated shellfish, especially oysters</p> <p>Contaminated drinking water</p>	<p>Cook shellfish thoroughly before eating, especially oysters.</p> <p>Always keep raw and cooked shellfish separated.</p> <p>Keep cooked food separate from raw food during storage and preparation.</p> <p>When travelling, in particular in the developing world</p> <ul style="list-style-type: none"> • drink water from a safe source (treated or boiled water) • eat only cooked hot food