



Binational Cases Enteric Cheat Sheet

Did the case travel to **Mexico** or **Canada** during the incubation period?
 Did the case travel to **Mexico** or **Canada** while symptomatic and/or potentially shedding the organism?
 Did the case eat food from **Mexico** or **Canada** during the incubation period?
If the answer to any of these questions is Yes, mark the case as binational.

Common Name	Incubation period	Shedding period*	Mode of transmission	Signs and symptoms	Food/water sources
Amebiasis	2 days-several months; or years	As long as cysts are present in stool; may persist for years	Fecal-oral route, person-to-person, foodborne, waterborne	Acute or fulminating diarrhea (may be bloody or mucousy), fever, chills, mild abdominal pain; asymptomatic infection may occur	Ingestion of fecally contaminated drinking water, contaminated raw produce
Brucellosis	5 days-several months, or years; may be a recurring infection	N/A	Animal-to-person, foodborne, can be airborne (i.e. lab setting, slaughterhouse)	Sporadic fever, headache, sweating, weakness, depression, weight loss	Raw milk and dairy products, contact with animals
Botulism in adults	12 hours-30 days	N/A	Foodborne	Weakness, fatigue, flaccid, symmetric paralysis, possibly gastrointestinal problems; can result in respiratory failure and death	Improperly canned foods (home-canned)
Botulism in infants	6 hours-8 days	N/A	Foodborne; inhalation	Constipation, loss of appetite, weakness, striking loss of head control; can result in respiratory failure and death	Honey, inhalation of spores
Campylobacteriosis	1-10 days	2-3 weeks [§]	Fecal-oral route, person-to-person, animal-to-person, foodborne, waterborne	Diarrhea, cramps, fever, and vomiting (possibly bloody diarrhea)	Improperly cooked poultry, unpasteurized milk, untreated water, food contaminated by an infected food handler, contact with animals

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Cholera (<i>Vibrio cholerae</i> : serogroups O1 or O139)	Few hours-5 days	Several days; occasionally weeks to months	Fecal-oral route, person-to-person, foodborne, waterborne	Watery diarrhea, nausea and vomiting, rapid dehydration; asymptomatic infections may occur	Contaminated water and food, raw or undercooked shellfish from brackish or marine waters (natural environment for <i>Vibrio cholerae</i>)
Cryptosporidiosis	1-14 days	6-14 days §	Fecal-oral route, person-to-person, animal-to-person, foodborne, waterborne	Diarrhea (usually watery), stomach cramps, anorexia	Drinking water, recreational water, consumption of contaminated beverages
Cyclosporiasis	1-14 days	10-23 days §	Fecal-oral route, foodborne, waterborne	Diarrhea (usually watery), stomach cramps, anorexia	Drinking water, recreational water, contaminated fresh fruits and vegetables
Cysticercosis	Several months to many years	Until treatment is completed	Fecal-oral transmission of eggs from persons with the tapeworm, <i>Taenia solium</i>	Depends on number, location, size and stage of cysticerci; commonly seizures, less frequently hydrocephalus, chronic meningitis and cranial nerve abnormalities	Ingesting <i>T.solium</i> eggs that are shed in feces by human tapeworm carriers
Giardiasis	3-25 days; or longer	Months	Fecal-oral route, person-to-person, waterborne, foodborne	Acute or chronic diarrhea, abdominal cramps, bloating, fatigue, weight loss; asymptomatic infections may occur	Ingestion of fecally contaminated drinking water, contaminated raw produce

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Hepatitis A	15-50 days	Variable, 2 weeks-6 months	Fecal-oral route, person-to-person, foodborne, waterborne	Fever, nausea, abdominal pain, dark urine, or anorexia, sometimes jaundice; asymptomatic infections may occur	Raw produce, contaminated drinking water, food contaminated by an infected food handler, shellfish from contaminated waters
Hepatitis E	15-64 days	Variable, weeks to months	Fecal-oral route, person-to-person, animal-to-person, foodborne, waterborne	Jaundice, malaise, anorexia, fever, abdominal pain, arthralgia	Contaminated water/ice, shellfish, produce, undercooked pork, contact with pigs
Listeriosis	3-70 days	N/A	Foodborne; mother to child in utero or during passage through infected birth canal	Fever, muscle aches, nausea, or diarrhea; in pregnant women, mild flu-like illness and infection can lead to premature delivery or stillbirth; in elderly or persons who are immunocompromised persons, bacteremia or meningitis may occur	Unpasteurized dairy, soft cheeses, ready to eat deli meats, contaminated produce, smoked seafood
Salmonellosis (non-typhoidal)	1-3 days (up to 16 days)	Several days to several weeks §	Fecal-oral route, person-to-person, foodborne, waterborne	Diarrhea, abdominal cramps, nausea, vomiting, or fever; asymptomatic infections may occur	Eggs, poultry, meat, contact with animals, contaminated raw fruits and vegetables, unpasteurized milk or juice, food contaminated by an infected food handler
Shiga toxin-producing <i>E. coli</i> (STEC) <i>E. coli</i> O157 & non-O157	1-10 days	1-3 weeks	Fecal-oral route, person-to-person, animal-to-person, foodborne, waterborne	Diarrhea (mild or bloody); most severe clinical manifestation is hemolytic uremic syndrome (HUS)	Undercooked beef, unpasteurized milk/juice, contaminated water, fresh fruits or vegetables, food contaminated by infected food handler, contact with animals

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Shigellosis	1-7 days	Several days to 4 weeks	Fecal-oral route, person-to-person, foodborne, waterborne	Abdominal cramps, fever, diarrhea (may be bloody); asymptomatic infections may occur	Raw produce, contaminated drinking water, food contaminated by an infected food handler
Trichinellosis	5-45 days (usually 8-15 days)	N/A	Foodborne	Progressive illness--sudden muscle soreness/pain, edema of upper eyelids, fever, photophobia, thirst, chills, diarrhea; later--cardiac and neurological complications	Raw or undercooked meat (mostly pork and beef) containing viable encysted larvae
Typhoid fever (<i>Salmonella typhi</i>)	3-60 days (usually 7-14 days)	Several weeks to several months	Fecal-oral route, person-to-person, foodborne, waterborne	Varies from mild illness with low grade fever to severe clinical disease with abdominal pain and multiple complications	Contaminated water/ice, undercooked foods, contaminated raw fruits and vegetables
Vibrioses other than Cholera (<i>V. cholerae</i> non-O1/non-O139, <i>V. parahaemolyticus</i> , <i>V. vulnificus</i> , <i>V. alginolyticus</i>)	Usually short; few hours-4 days	1 week	Fecal-oral route, foodborne, waterborne	<i>V. parahaemolyticus</i> and <i>V. cholerae</i> non-O1/non-O139 are most often associated with diarrheal illness. <i>V. vulnificus</i> is associated with primary septicemia and severe wound infections. <i>V. alginolyticus</i> typically causes wound infections.	Undercooked seafood (particularly oysters, crab, and shrimp). Exposing open wound to contaminated sea or fresh water. Ingesting contaminated water.
Yersiniosis (<i>Yersinia enterocolitica</i>)	1-10 days	2-3 weeks; longer in some cases	Fecal-oral route, person-to-person, animal-to-person, foodborne, waterborne	Diarrhea, abdominal pain, fever (20% of infections in older children/adolescents mimic acute appendicitis)	Raw or undercooked pork

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Pathogens that are only reportable in the event of a suspected cluster/outbreak

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<i>Bacillus cereus</i>	30 minutes-24 hours	N/A	Foodborne	Sudden onset of nausea and vomiting, sometimes diarrhea	Foods that remain at ambient temperature too long after cooking and/or improperly reheated foods
<i>Clostridium perfringens</i>	6-24 hours; usually 10-12 hours	N/A	Foodborne	Sudden onset of nausea and diarrhea (vomiting and fever are usually absent)	Ingestion of contaminated food that's held under ideal growth conditions; i.e. reheated stews, meat pies, an/or gravies
Norovirus	12-48 hours	At least 2 weeks [§]	Person to person, fecal-oral route, contact with contaminated surfaces/objects , aerosolized vomit that enters a person's mouth	Nausea, vomiting, watery non-bloody diarrhea, abdominal pain, low-grade fever, headaches, body aches; asymptomatic infection may occur	Contaminated surfaces and objects, ingestion of food or beverages contaminated by infected food handler
Paralytic shellfish poisoning	Minutes-several hours	N/A	Foodborne	Parasthesias of the mouth and extremities, GI symptoms; less often muscle paralysis, with respiratory arrest and death	Bivalve mollusk
<i>Staphylococcus aureus</i> (Food intoxication)	30 minutes-8 hours; usually 2-4 hours	N/A	Foodborne; infected skin/wound contaminating food	Abrupt and violent onset of nausea, vomiting, cramps, and prostration followed by diarrhea and lowered blood pressure	Pastries, custard, creamy salad dressing, sandwiches, inadequately cured ham and salami, contaminated dairy (especially cheese)

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