

Food Poisoning

Kitchen

The common causes, their timing, and when it needs medical attention.

Educational reference. Seek medical advice for severe or persistent symptoms.

Cause	Onset	Typical source
Staph aureus	1–6 h	Handled food left warm
Bacillus cereus	1–6 h	Reheated rice
Salmonella	12–72 h	Poultry, eggs
Campylobacter	2–5 days	Undercooked chicken
E. coli	3–4 days	Undercooked beef, produce
Listeria	Days–weeks	Soft cheese, deli meats
Norovirus	12–48 h	Person to person, shellfish

Educational reference. Seek medical help for blood in stool, high fever, severe dehydration, or symptoms beyond a few days.