

### Viral Foodborne Illnesses

<b>Etiology</b>	<b>Incubation Period</b>	<b>Signs and Symptoms</b>	<b>Duration of Illness</b>	<b>Associated Foods</b>	<b>Laboratory Testing</b>	<b>Treatment</b>
Hepatitis A	30 days average (15-50 days)	Diarrhea; dark urine; jaundice; and flu-like symptoms, (i.e., fever, headache, nausea, and abdominal pain)	Variable, 2 weeks - 3 months	Shellfish harvested from contaminated waters, raw produce, uncooked foods and cooked foods that are not reheated after contact with infected food handler.	Increase ALT, bilirubin, Positive IgM and anti-hepatitis A antibodies.	Supportive care. Prevention with immunization.
Norwalk-like viruses	24-48 hrs	Nausea, vomiting, watery, large-volume diarrhea; fever rare	24-60 hrs	Poorly cooked shellfish; ready-to-eat foods touched by infected workers; salads, sandwiches, ice, cookies, fruit.	Clinical diagnosis, negative bacterial cultures, > fourfold increase in antibody titers of Norwalk antibodies, acute and convalescent, special viral assays in reference lab. Stool is negative for WBC'S.	Supportive care. Bismuth sulfate.
Rotavirus	1-3 days	Vomiting, watery diarrhea, low-grade fever, Temporary lactose intolerance may occur. Infants and children, elderly, and immunocompromised are especially vulnerable.	4-8 days	Fecally contaminated foods. Ready-to-eat foods touched by infected food workers (salads, fruits).	Identification of virus in stool via immunoassay.	Supportive care. Severe diarrhea may require fluid and electrolyte replacement.
Other viral agents (astroviruses, caliciviruses, adenoviruses, Parvoviruses)	10-70 hrs	Nausea, vomiting, diarrhea, malaise, abdominal pain, headache, fever.	2-9 days	Fecally contaminated foods. Ready-to-eat foods touched by infected food workers. Some shellfish.	Identification of the virus in early acute stool samples. Serology.	Supportive care, usually mild, self-limiting.