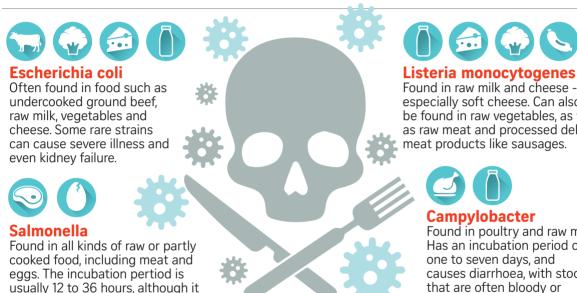# What causes food poisoning?

While parasites like tapeworms are rare in Singapore, raw or partly cooked foods can harbour bacteria and viruses that cause food poisoning.

Escherichia coli
Often found in food such as undercooked ground beef, raw milk, vegetables and cheese. Some rare strains can cause severe illness and even kidney failure.

Salmonella
Found in all kinds of raw or partly cooked food, including meat and eggs. The incubation pertiod is usually 12 to 36 hours, although it can be as long as 72 hours.

Listeria monocytogenes
Found in raw milk and cheese - especially soft cheese. Can also be found in raw vegetables, as well as raw meat and processed deli meat products like sausages.

Campylobacter
Found in poultry and raw milk. Has an incubation period of one to seven days, and causes diarrhoea, with stools that are often bloody or stained with bile.

Viruses can cause food poisoning incidents, too. Here are two of the common culprits:

Norovirus
Goodwood Park Hotel's bakery had its licence suspended in April 2016 after at least 76 food-poisoning cases were linked to its popular durian pastries. Two food handlers there tested positive for norovirus

Rotavirus
Caused at least 180 cases of gastroenteritis in the Owen Road area in 2016, and led to the temporary closure of Pek Kio Market and Food Centre.