

[Clostridium perfringens](#)

Sources	Beef, poultry, gravies, food left for long periods in steam tables or at room temperature, and time and/or temperature abused foods.
Incubation period	6 to 24 hours
Symptoms	Diarrhea and stomach cramps (no fever or vomiting),
Duration of illness	24 hours or less. In severe cases, symptoms may last for 1-2 weeks.
What to do	Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor.
Prevention	<ul style="list-style-type: none"> <li>• Thoroughly cook foods, particularly meat, poultry, and gravies, to a <a href="#">safe internal temperature</a>.</li> <li>• Use a food thermometer to make sure.</li> <li>• Keep food hot after cooking (at 140° F or above) and serve meat dishes hot, within 2 hours after cooking.</li> <li>• Microwave leftovers thoroughly (to 165°F or above).</li> <li>• Refrigerate leftovers within two hours of preparation (at 40°F or below).</li> <li>• Divide large amounts of food, such as roasts or big pots of chili or stew, into shallow containers and refrigerate immediately. It is OK to put hot foods directly in the refrigerator.</li> </ul>