



What is salmonellosis?

Salmonellosis is an illness caused by a bacterial germ that gets into the intestines.

What are the symptoms?

Symptoms usually start 12 to 72 hours after being infected. They include:

- stomach cramps
- fever
- diarrhea (many loose stools)

How is salmonellosis spread?

The *Salmonella* germ is found in the intestines of humans and animals. It is usually spread to people by eating food contaminated with animal waste. How soon a person gets sick depends on how many germs were in the food. Cooking food completely kills the germ.

Food can also be contaminated when it is made by someone who is sick and didn't wash his hands after using the bathroom or changing a diaper of a child who is sick.

The germ can be found in raw eggs, raw (unpasteurized) milk, meat, poultry (chicken, turkey), and pet turtles, iguanas and chicks.

Note: A person who has symptoms of diarrhea should not work as a food handler or take care of patients, children or senior citizens.

How is salmonellosis diagnosed and treated?

The only way to find out if you have this germ is to see your doctor. You may be asked to bring with you a sample of your stool (bowel movement). It will be checked for the *Salmonella* germ. If you do have

salmonellosis, the doctor may ask other family members to be checked for the germ.

The illness usually lasts four to seven days and most people recover without treatment. Antibiotics are not usually necessary unless the infection has spread from the intestines to the blood stream and other parts of the body.

Is salmonellosis a problem?

In some cases, the diarrhea may be so severe that they need to go to the hospital. Severe diarrhea can lead to a loss of body fluids. It is very important that people with salmonellosis continue drinking liquids like clear juices, broth, jell-o, or tea.

How can salmonellosis be prevented?

If you get salmonellosis, you have to be very careful not to spread it to other people.

- Cook poultry, ground beef, and eggs thoroughly before eating. Do not eat or drink foods containing raw eggs or raw, unpasteurized milk.
- If you are served uncooked meat, poultry or eggs in a restaurant, send it back to the kitchen for further cooking.
- Wash fruits and vegetables before eating.
- Wash hands, cutting boards, counters, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.

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- Never place cooked food on an unwashed plate that previously held raw meat, poultry, fish or seafood.
 - Wash hands with soap and water after handling reptiles or birds, or after contact with pet feces (stool).
 - Seal disposable diapers in a plastic bag. Put the bag in a tightly closed garbage can (this helps keep animals from scattering the soiled items and possibly spreading the germ to others).
 - Wash soiled diapers (cloth), sheets or clothing in hot soapy water and dry in a dryer.
 - People with diarrhea should not prepare food or pour water for others until they have been shown not to have the germ.
 - If your child has salmonellosis, your doctor may tell you to keep him or her away from other children until the stool samples do not have the germ in them.
4. Rinse well under warm running water.
 5. Dry hands with a paper towel or air dryer. Don't use a cloth towel.
 6. Turn off the water using the paper towel instead of your clean hands.

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for talking with a health care provider. If you have any questions about salmonellosis or think you may have it, call your health care provider.

How to wash your hands

1. Use warm water and liquid soap.
2. Lather all parts of the hands and rub briskly for 20 seconds. Be sure to include:
 - the backs of your hands
 - between your fingers
 - wrists
3. Use a brush or nail file to clean under your fingernails.