



Lenawee County
HEALTH
DEPARTMENT

WHAT YOU NEED TO KNOW

SALMONELLOSIS FACT SHEET

What is Salmonellosis?

Salmonellosis is a disease caused by a group of bacteria called Salmonella that get into the intestines. Salmonella is usually found in contaminated foods of animal origin, such as beef, poultry, unpasteurized milk or raw eggs. However, all foods, including fruits and vegetables can become contaminated with Salmonella.

What are the symptoms?

- Sudden onset of diarrhea (which may be bloody)
- Abdominal cramps
- Fever
- Nausea, vomiting and headaches may occur, though less frequent

Symptoms usually appear 12-36 hours after exposure and last 2-7 days. A person can be infected with Salmonella and NOT feel sick

How can it be prevented?

- Wash your hands and your child's hands after using the toilet, after changing a diaper, before eating, after making food and after playing with pets
- Cook meat well before eating it. Put leftover food in the refrigerator right after a meal
- Do NOT prepare foods for others if you have diarrhea or vomiting
- Do NOT eat raw eggs or unpasteurized milk

How can it be spread?

- Eating contaminated food
- Handling raw meats or from infected people who do not wash their hands after using the restroom
- Salmonella can also be found in pets including turtles, iguanas, chicks, dogs and cats

How it is treated?

If you have Salmonella you should:

- Drink plenty of fluids
- Do NOT prepare food
- Wash your hands frequently after changing a diaper or using the bathroom,
- Antibiotics may be prescribed. Seek medical advice

In Children:

- Drink plenty of fluids.
- Stay away from other children until they are well
- If sickness lasts more than 7 days, seek medical attention