

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)
- Stomach 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

More Information: <http://www.cdc.gov/salmonella>

How can it be spread?

- Eating contaminated food
- Handling raw meats
- Consuming food prepared by 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 is it treated?

- Drink plenty of fluids
- Wash your hands frequently and after changing a diaper or using the bathroom,
- Take antibiotics if prescribed. Seek medical advice

In Children:

- Drink plenty of fluids
- Sick children should stay away from other children until they are well
- Seek medical attention if sickness lasts more than 7 days

