

# 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?

Symptoms may include:

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

**Symptoms usually start 6 hours to 6 days after infection and last 4-7 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.
- Wash all fruits and vegetables.
- Cook food to the right (safe) temperature. See [foodsafety.gov](http://foodsafety.gov)
- 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 is it spread?

- By eating contaminated food
- By consuming food prepared by infected people who do not wash their hands after using the restroom
- By not washing your hands after having contact with animals (including pets)

Salmonella can be found in many foods, including sprouts and other vegetables, eggs, chicken, pork, beef, fruits, and even processed foods.

Salmonella can also be found in pets including turtles, iguanas, chicks, dogs and cats.

## How is it treated?

Most people recover within 4 to 7 days without antibiotics.

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

## **In Children:**

- Drink plenty of fluids.

Sick children should stay away from other children until they are well.

## **Call the doctor if you have:**

- Diarrhea and fever over 102°
- Diarrhea for more than 3 days that is not improving
- Bloody stools
- Prolonged vomiting that prevents you from keeping liquids down
- Signs of dehydration, such as making very little urine, dry mouth and throat, dizziness when standing

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

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

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