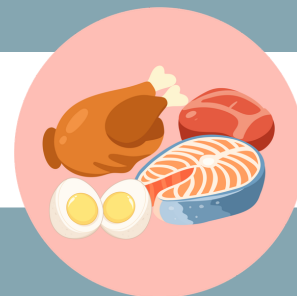


Salmonella

Fact Sheet



What is salmonella?

Salmonella is a bacterial illness which commonly causes diarrhea.

Symptoms

Symptoms usually start from 6 hours to 6 days after ingestion of bacteria. These include:

- **Diarrhea**
- **Abdominal cramping**
- **Nausea & vomiting**
- **Fever**
- **You must inform your employer of illness if you handle food or care for people in hospitals, custodial institutions, or daycare centers.**

Prevention

Wash hands regularly with soap and water. **Avoid cross contamination when cooking.** Avoid eating raw eggs. Thoroughly wash and dry all produce prior to cooking or consuming. **Drink treated water and pasteurized milk.** Cook all poultry products thoroughly to an internal temperature of 165 degrees fahrenheit. **Avoid swimming if you are sick with diarrhea.** Wash hands after handling animals, pet foods, and after cleaning enclosures.

How is it spread?

Most cases are associated with consuming contaminated food.

Salmonella is also spread through consuming contaminated water, unpasteurized dairy products, through infected animals (especially live poultry, reptiles, and amphibians), or person-to-person when strict hand hygiene is not followed. A person can shed Salmonella in their stool for weeks, even after symptoms resolve.

Treatment

Most individuals recover within 4-7 days without any specific treatment. Ill persons should drink plenty of fluids to prevent dehydration. In more severe cases, antibiotics may be used.

