

What is salmonellosis?

- Salmonellosis is a bowel infection caused by the bacteria *Salmonella*.
- Poultry, livestock, reptiles and pets may carry the bacteria.

How does a person get salmonellosis?

- Raw meat, poultry, and eggs are commonly contaminated with the bacteria.
- A person can become infected by eating food like meats, eggs, poultry that has not been cooked thoroughly, or has been contaminated after cooking.
- The bacteria can be spread from an infected person or animal to another person if hands are not washed thoroughly.

What are the signs and symptoms?

- Symptoms develop 6 to 72 hours after a person has become infected.
- Symptoms may include fever, cramps, nausea, vomiting, diarrhea and headache.
- Illness usually lasts 5 to 7 days.
- The bacteria may be shed in the stool for several weeks or months.

How is salmonellosis treated?

- Drink plenty of fluids to replace water lost through diarrhea.
- Antibiotics are not usually recommended, because they may prolong the length of time the bacteria remains in the stool. However, they may be given under special circumstances.

How is salmonellosis prevented?

- Always wash hands thoroughly:
 - after using the toilet

- after diapering a child
- after handling pets and other animals
- before/after preparing or handling food
- Before eating.
- Refrigerate or freeze all meat, poultry and dairy products as soon as possible:
 - after buying
 - after preparation
 - after meal completion
 - do not leave food at room temperature for over 2 hours
 - refrigerate food promptly for storage
 - keep hot foods above 60°C and refrigerate after use
 - keep refrigerated food below 4°C
 - hot or cold foods should not be left out at room temperature for extended periods of time
- Thoroughly cook all foods from animal sources especially chicken, turkey and eggs.
- Thoroughly wash cutting boards, counters and utensils with hot, soapy water if they have been in contact with raw meat.
- Use a clean surface and utensils to prepare salads, sandwiches and other foods that do not require cooking.
- Do not attend daycare, school, or place of work if symptoms are present.
- A person employed in food services or health care may be restricted from work until stool samples are free of the bacteria.

For more information contact your doctor or Population and Public Health at **306-655-4612**