

Salmonellosis Fact Sheet

What is Salmonellosis?

It is a disease caused by a group of bacteria called Salmonella that get into the intestines. It 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.

If you have Salmonella you should:

- Drink plenty of fluids (such as water or juice).
- Not prepare food
- Wash your hands after using the bathroom or changing diapers
- After each bowel movement, clean the bathroom, including the toilet flushing handle, water faucets and doorknobs; with 1 tablespoon bleach in 1 gallon water (make a fresh solution every day).

Children with it should:

- Drink plenty of fluids (i.e. water or juice)
- Stay away from other children until they are well

If you are not getting better after 7 days or are feeling worse contact your health care provider.

If you are a food service worker, a health care worker, or a childcare worker: report your illness to your supervisor and do not work until your illness is over and your medical provider says it is OK to return to work.

What are the symptoms?

- Diarrhea (many loose bowel movements)
- Dehydration (loss of fluids)
- Nausea and vomiting
- Stomach aches
- Fever
- Headache

Symptoms usually appear 12-36 hours after exposure and last 5 to 7 days. Sometimes a person may be infected with it but not feel sick.

How is it spread?

People get it from eating contaminated food, from handling raw meats, or from infected people who do not wash their hands after using the toilet. It can also be found in pets, including turtles, iguanas, chicks, dogs, and cats.

How is it prevented?

- Wash hands after using the toilet, after changing diapers, before eating, before and after making food, and after playing with animals.
- Do not eat raw eggs or unpasteurized milk
- Cook meat well before using it. Put leftover cooked food in the refrigerator right after a meal.
- Wash cutting boards and counters with hot soapy water after cutting raw or cooked meat on them
- Wash children's toys, floors they crawl on, and surfaces they touch with a bleach solution (1 tablespoon of bleach in 1 gallon of water). Make the solution fresh every day. Rinse washed toys and surfaces in clean hot water.
- Breastfeeding, safest food for young infants, can prevent Salmonella and many other health problems in infants.
- Do NOT prepare foods for others if you have diarrhea or vomiting.

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 health care provider. For more information, call your health care provider or call the Bay County Health Dept at (989) 895-4003.

Visit our website at <http://www.baycounty-mi.gov/Health/> or the Centers for Disease Control & Prevention at www.cdc.gov