



SALMONELLOSIS

WHAT IS SALMONELLOSIS?

SALMONELLOSIS IS AN INFECTION WITH BACTERIA CALLED **Salmonella**, WHICH AFFECTS THE INTESTINES AND SOMETIMES THE BLOODSTREAM.

WHERE ARE **Salmonella** FOUND?

Salmonella CAN BE FOUND IN RAW OR UNDERCOOKED MEATS AND EGGS, UNPASTEURIZED MILK AND CHEESE PRODUCTS. THE BACTERIA CAN ALSO INFECT FOODS WHEN THEY ARE NOT PREPARED PROPERLY. SALMONELLOSIS CAN ALSO BE SPREAD THROUGH CONTACT WITH INFECTED ANIMALS, ESPECIALLY POULTRY, SWINE, CATTLE, RODENTS AND PETS, SUCH AS REPTILES, DOGS, AND CATS.

WHO GETS SALMONELLOSIS?

ANY PERSON CAN GET SALMONELLOSIS, BUT SEVERE INFECTIONS ARE MORE OFTEN SEEN IN INFANTS AND CHILDREN, THE ELDERLY, AND PEOPLE WITH WEAK IMMUNE SYSTEMS.

HOW ARE **Salmonella** BACTERIA SPREAD?

Salmonella ARE SPREAD BY EATING OR DRINKING INFECTED FOOD OR WATER OR BY CONTACT WITH INFECTED PEOPLE OR ANIMALS.

WHAT ARE THE SYMPTOMS OF SALMONELLOSIS?

PEOPLE INFECTED WITH **Salmonella** MAY HAVE MILD OR SEVERE DIARRHEA, STOMACH CRAMPS, FEVER AND VOMITING. BLOODSTREAM INFECTIONS CAN BE SERIOUS, ESPECIALLY IN THE VERY YOUNG OR ELDERLY.

HOW SOON AFTER EXPOSURE DO SYMPTOMS APPEAR?

THE SYMPTOMS APPEAR ONE TO THREE DAYS AFTER CONTACT WITH **Salmonella** BACTERIA.

HOW LONG CAN AN INFECTED PERSON CARRY **Salmonella**?

AN INFECTED PERSON CAN CARRY THE BACTERIA FOR A FEW DAYS OR SEVERAL MONTHS. MOST INFECTED PEOPLE MAY RETURN TO WORK OR SCHOOL WHEN THEIR DIARRHEA HAS STOPPED. FOOD WORKERS, HEALTH CARE PERSONNEL AND CHILDREN IN DAYCARE MUST GET APPROVAL FROM THE LOCAL OR STATE HEALTH DEPARTMENT BEFORE RETURNING TO THEIR NORMAL ACTIVITIES.

WHAT IS THE TREATMENT FOR SALMONELLOSIS?

Salmonella INFECTIONS USUALLY GET BETTER ON THEIR OWN IN FIVE TO SEVEN DAYS AND OFTEN TREATMENT IS NOT NEEDED. THOSE WITH SEVERE DIARRHEA MAY NEED REHYDRATION, OFTEN WITH INTRAVENOUS FLUIDS. MEDICATION IS USUALLY NOT NEEDED UNLESS THE INFECTION SPREADS FROM THE INTESTINES.

HOW CAN SALMONELLOSIS BE PREVENTED?

ALWAYS HANDLE RAW POULTRY, BEEF AND PORK CAREFULLY AND COOK CORRECTLY. WASH FRUITS AND VEGETABLES BEFORE EATING. AVOID EATING OR DRINKING UNPASTEURIZED AND RAW FOODS. ENCOURAGE CAREFUL HAND WASHING BEFORE AND AFTER FOOD PREPARATION.