



Salmonellosis

What is Salmonellosis?

Salmonellosis is an enteric disease caused by *Salmonella* bacteria. When ingested, these bacteria can cause illness in humans and animals.

How is it spread?

You can become ill by eating food that has *Salmonella* bacteria in it. Some common foods that can be contaminated with *Salmonella* include most raw meats and their juices, undercooked chicken, beef or pork, raw or undercooked eggs and egg products, or drinking unpasteurized milk.

Untreated or surface drinking water that has been contaminated with the stool of an infected animal or person may contain the *Salmonella* bacteria.

Some animals carry *Salmonella* bacteria without becoming sick themselves. When you handle pet reptiles (including turtles, frogs, lizards, snakes, salamanders and iguanas), dogs, cats and baby chicks or farm animals, or their waste products you may be exposed to the bacteria. You may also be exposed to the bacteria if you are in direct contact with the stool of an infected person and then do not wash your hands thoroughly. For example, changing diapers of children or seniors.

What symptoms should I watch for?

Most people experience a sudden onset of headache, fever, abdominal pain, diarrhea, nausea and sometimes vomiting. Dehydration, especially among the very young or very old may be severe. Diarrhea often lasts for several days. These symptoms usually begin 6 hours to 3 days after you are exposed to the bacteria.

What is the treatment for Salmonella?

Consulting your health care provider is recommended as they may suggest antibiotics or treatment focused on symptoms.

How do I protect myself and others?

- Safe food handling can reduce the spread of *Salmonella*. Cook all meat, especially poultry and pork, thoroughly until juices run clear to destroy all the bacteria present.

Product	Cooking Temperature (Celsius)	Cooking Temperature (Fahrenheit)
Whole Chicken/Turkey	82	180
Poultry Breasts	74	165
Pork	71	160
Ground Meat (not containing poultry)	71	160
Food Mixtures (containing meat, eggs, poultry)	74	165

- While preparing food, do not allow meats, eggs and dairy products to be at room temperature for more than 2 hours.
- Clean and sanitize counter tops and utensils after contact with raw meats and poultry, especially before using these areas or utensils to prepare ready-to-eat foods, such as fruits or salad ingredients.
- Avoid preparing or serving food while ill.
- Avoid using raw eggs in egg-nogs, salad dressings, ice cream and desserts. Never use cracked or dirty eggs. Cook all egg products thoroughly; eggs cooked "over easy" or "sunny side up" are not thoroughly cooked.
- Drink only pasteurized milk and water from an approved or chemically treated source. If you are unsure of the safety of your water supply, boil your water for 1 minute, or use an approved disinfectant.
- Turtles, lizards, chicks and other exotic pets are not recommended pets for small children.
- Wash your hands before and after using the toilet, before preparing or eating meals, and after changing diapers or helping individuals with toileting. Also, after being in close contact with animals/reptiles.

For information call Infectious Diseases: ext. 8809.

Is there anything special I need to know?

If you have Salmonellosis, and you are a food handler, healthcare worker, childcare worker or a caregiver, you should not go to work while you are having symptoms. In addition, you may have to stop working until a stool sample or rectal swab confirms the bacteria is no longer present. It is possible that even after you are feeling better you may still have bacteria in your stool for a period of time. To prevent spreading the disease to people round you, always practice good hand washing and maintain personal hygiene.