

## Salmonellosis (*Salmonella* infection)

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### What is salmonellosis?

Salmonellosis is an infection caused by the bacteria (germ) *Salmonella* and is the most common cause of food poisoning in the United States. These germs are found in the bowel movement (stool) of infected people and animals and in contaminated water and foods.

### What are the symptoms?

Symptoms usually begin 12 to 72 hours after exposure, but can range from 1 to 10 days, and may include:

- Diarrhea
- Fever
- Abdominal cramps

Some infected people have no symptoms at all but can still spread the infection to others.

### How is it spread?

- Eating raw or undercooked eggs (including homemade Hollandaise sauce, salad dressings, ice cream, mayonnaise, and cookie dough).
- Contact with infected animals, especially turtles, iguanas, other reptiles, amphibians, chicks, and young birds.
- Eating or drinking raw milk or milk products.
- Eating raw or undercooked poultry or meat.
- Contaminated fruits and vegetables.
- Not washing hands after using the bathroom, changing diapers, or having contact with animals or their environments.
- When hands, food, water or objects (toys, etc.) become contaminated with infected stool and then gets into someone's mouth.

### Who gets salmonellosis?

Anyone can get salmonellosis. Those who travel internationally are more likely to develop infection. Infants, young children, the elderly, and those immunocompromised are at greater risk to develop serious complications.

### What should I do if I have symptoms?

- Contact your healthcare provider.

### How is salmonellosis treated?

- Most people who have healthy immune systems will recover without treatment.
- Antidiarrheal medications such as Imodium are not recommended.

### How can I prevent the spread of salmonellosis?

- Wash your hands with warm, soapy water for 20 seconds:
  - After using the bathroom or changing diapers.
  - After contact with animals/reptiles or their environments (petting zoos, farms, fairs, cleaning cages).
  - Before eating or preparing foods.
  - After handling raw meat.
- Assist young children with hand washing.
- Properly dispose of dirty diapers.
- Do not allow children to kiss, hug, or handle small animals, reptiles, or birds.
- Do not eat or drink foods containing raw eggs or raw milk.
- Do not drink untreated water.
- Cook poultry to 165<sup>oF</sup> and beef to 160<sup>oF</sup>.
- Prevent cross contamination in the kitchen:
  - Use separate cutting boards for meats and other foods.
  - Clean and sanitize cutting boards, counter tops, and utensils.
- Do not prepare food for others.
- Wash and/or peel raw fruits and vegetables.
- Do not swallow swimming water.
- Do not swim while you have diarrhea and for one week after your diarrhea stops.
- Do not send your child to daycare or preschool if he/she has diarrhea.
- Do not go to work if you are a health care worker, food handler, or day care worker. Please notify the health department of your illness.

### For further information visit:

- [www.foodsafety.gov](http://www.foodsafety.gov)
- <http://www.cdc.gov/Features/SalmonellaFrogTurtle/>

**Report salmonellosis cases to Saint Louis County Department of Health by calling 314 615 1630**