



Communicable Diseases SALMONELLOSIS

Salmonellosis is caused by germs called salmonella.

The illness usually lasts 2-7 days. The symptoms may be mild or severe. Some people catch or carry salmonella but never feel sick at all.

Symptoms to watch for:

- diarrhea
- stomach cramps
- fever
- nausea and vomiting,

Anyone can get a salmonella infection.

Sickness is usually worse in very young and very old people.

Salmonella germs are found in some raw foods and in the stool (bowel movement).

The germ can be found in foods such as raw chicken, turkey, eggs, and unpasteurized milk or cheese. Infected persons and pets can also have salmonella in their stool. People who are sick may carry the germ in their stool even after they feel better.

You can catch salmonella:

- If you eat raw or undercooked foods such as meat, poultry, or eggs.

- If you eat cooked food that touched infected raw food.
- If you handle contaminated food and then put your hands in your mouth.
- If you handle animals such as turtles or ducklings and then put your hands in your mouth.
- If you eat food or drinks that an infected person prepared.
- If you are in contact with someone who has salmonellosis.

To prevent the infection:

- Wash your hands with soap and water after using the toilet, changing diapers, touching pets, and before and after handling foods.
- Eat only well-cooked meats, poultry, or eggs: wash hands after touching these uncooked foods.
- Avoid unpasteurized milk or cheese.
- Keep raw foods away from cooked foods by washing cutting boards, utensils, and hands, and throwing out used packages.
- If you or a family member think you may have Salmonellosis, contact your Doctor or Community Health Nurse for more information.