

Salmonellosis

Fact Sheet



What is Salmonellosis?

Salmonellosis is an illness caused by a group of bacteria called *Salmonella*. *Salmonella* is a major cause of diarrheal illness in the United States.

What are the signs and symptoms?

Symptoms usually appear between 6 and 72 hours after swallowing the bacteria. The most common signs of illness are:

- Diarrhea
- Stomach cramps
- Fever
- Headache
- Nausea and sometimes vomiting

Illness usually lasts 5 to 7 days, and most people recover without treatment. In some people the bacteria may move from the intestines into the blood or other body sites and cause more severe illness. The elderly, infants, and people with weakened ability to fight off germs are more likely to have severe illness. Some people may not look or feel sick, but may still shed the bacteria in their stools and pass the bacteria to others.

How is it spread?

The bacteria must be swallowed to cause illness. Usually this happens when someone eats food contaminated with the bacteria that has not been properly handled, prepared or cooked.

The illness may spread from person to person if people do not wash their hands well with soap and water after using the toilet, changing diapers, or touching animals or reptiles. People who get the bacteria on their hands can spread it to anyone or anything they touch, especially food. The food can make others sick if it is not cooked well enough to kill the germs.

The disease may be spread from person to person in places where hygiene may be poor.

What types of food are commonly linked with Salmonellosis?

The bacteria are commonly found in uncooked food products from farm animals. Examples include eggs, egg products, meat, meat products, poultry, milk, and dairy products. In recent years,

contaminated fruits and vegetables have been found to be sources of outbreaks. The bacteria can get in the food at any time between processing, cooking, and eating. For example, an infected food handler may get the bacteria on the food if his or her hands are not washed well before preparing food. Cooking foods well done and complete processing will kill the bacteria and make food safe to eat.

What are some non-food sources of Salmonella?

The bacteria have been found in the feces of both sick and apparently healthy people and animals. Many pets and farm animals, including dogs and cats, pet turtles, reptiles, chicks, poultry, cattle and swine, can carry the bacteria. Reptiles are very likely to carry the germ and people should always wash their hands immediately after contact with them. Animals might not show signs of being infected, but may still pass germs to people.

How is it treated?

Most people who are otherwise healthy recover without treatment. In healthy people, treatment with antibiotics may cause them to shed the bacteria in their stools for a longer period of time and increase the risk of passing the germ to others.

Antibiotics may be needed if infection spreads from the intestines to other parts of the body. Infants, the elderly and those who may not be able to fight off the infection on their own may also need antibiotics. It is important for all people with diarrhea to drink plenty of fluids to avoid dehydration.

How can you know for sure if you have Salmonellosis?

Your healthcare provider may ask you for a sample of your stool so the laboratory can test for the bacteria. It takes the lab several days to do this test.

How can Salmonellosis be prevented?

You can prevent this illness and other diseases by following these steps:

- Always wash your hands thoroughly with soap and water

- Before eating or preparing food
 - After using the toilet
 - After changing diapers
 - After touching pets or other animals (especially reptiles).
- Thoroughly cook all food products from animals, especially poultry and eggs.
 - Do not eat raw or cracked eggs, raw unpasteurized milk or any other dairy product made with raw unpasteurized milk.
 - Keep foods that will be eaten raw, such as fruits and vegetables, away from food products from animals. Wash your hands, utensils, and work surfaces that have been in contact with raw poultry before you make a salad.
 - If you are caring for a person with this infection or diarrhea, wash your hands well after contact with the person's stool. After changing diapers, be sure to clean changing area well and wash hands carefully.
 - Avoid letting infants or young children come into contact with reptiles, such as turtles or iguanas. If they do, make sure to wash their hands thoroughly with soap and water. Reptiles (including turtles) are not appropriate pets for small children and should not be in the same house as an infant.
 - If you have a child in daycare that has this infection or diarrhea, let the daycare provider know so they can take extra steps to prevent spread of illness. Children with diarrhea should stay out of daycare until their diarrhea stops. The daycare provider should contact the Maine Center for Disease Control and Prevention (Maine CDC) for information on how to prevent spread of salmonellosis in the daycare.
 - Contact your healthcare provider whenever you have diarrhea for more than a few days.

Are there any restrictions for people with Salmonellosis?

Yes. The Maine CDC will determine which restrictions apply in a specific situation. An infected food handler, child care worker or health care worker needs to stay out of work while ill. Contact Maine CDC at 1-800-821-5821 for specific information.

Where can I get more information?

For more information contact your healthcare provider or local health center. You can also contact the Maine Center for Disease Control and Prevention by calling 1-800-821-5821 or visiting the website www.maine.gov/idepi. The federal Centers for Disease Control and Prevention website - <http://www.cdc.gov/salmonella> – is another excellent source of health information.