

SALMONELLOSIS



Salmonellosis is an illness caused by a bacteria called *Salmonella*. The bacteria can be found in foods such as raw chicken, turkey, beef, pork, eggs, and unpasteurized dairy products, like milk and cheese. It can also be found in the poop of certain animals and where they live. Anyone can become infected with the bacteria, but illness is usually worse in younger children and older people. Salmonellosis is one of the most common causes of food poisoning and over one million people get sick with it each year in the United States.

What causes it?

- ▶ *Salmonella* bacteria lives in the guts of animals or humans and can be found in water, food, soil, or surfaces that have been contaminated with infected poop. You can get salmonellosis by:
 - ▶ Eating raw or undercooked foods such as meat, poultry, or eggs.
 - ▶ Eating cooked food that came in contact with contaminated raw food.
 - ▶ Eating food or consuming drinks contaminated with the bacteria.
 - ▶ Touching the poop of a someone who has Salmonella.
 - ▶ Touching infected animals, their poop, or where they live.
 - ▶ Handling raw pet foods or by taking care of a pet that eats a raw food diet.

What are the signs and symptoms?

- ▶ Symptoms can start six to 72 hours after coming in contact with the bacteria and then touching your mouth. Most symptoms usually appear within 12 to 36 hours. Some people who get salmonellosis may not have any symptoms at all. However, some illnesses may be severe enough to cause blood infections or require hospitalization.
 - ▶ Diarrhea (may be bloody)
 - ▶ Vomiting
 - ▶ Stomach cramps
 - ▶ Fever
 - ▶ Headache
 - ▶ Dehydration

What are the treatment options?

- ▶ Most people do not require medical treatment and recover in four to seven days.
- ▶ If symptoms are severe, talk with a doctor or other health care provider.
- ▶ It is important to drink extra fluids so you do not get dehydrated when you are having diarrhea.
- ▶ Antibiotics and over-the-counter antidiarrheal drugs are generally not recommended.

See other side for prevention tips.





How can it be prevented?

Practice Good Hygiene:

- ▶ Wash your hands with soap and water for at least 20 seconds after using the bathroom, changing diapers, and before eating or touching any food, including food for pets.
- ▶ Wash your hands and sanitize strollers, toys, and shoes after visiting fairs, petting zoos, or places where animals live.
- ▶ Keep children who have diarrhea home until they do not have diarrhea for at least 24 hours.
- ▶ People with diarrhea should wash their hands thoroughly and often in order to reduce the spread of salmonellosis.



Food Safety:

- ▶ Cook foods (such as chicken, ground beef, eggs) thoroughly to kill *Salmonella*.
 - ▶ Chicken and other poultry should be cooked to a temperature of at least 165°F. Use a thermometer because meat color is not accurate.
- ▶ Wash raw fruits and vegetables before eating.
- ▶ Clean cooking utensils thoroughly between use for raw meats and other foods to prevent the spread of germs.
- ▶ Refrigerate foods promptly.
- ▶ Store meats on the bottom shelf in the refrigerator to keep juices from dripping onto foods below.
- ▶ Do not eat, drink, or serve raw dairy products, like milk and cheese.



Handle Animals Safely:

- ▶ Always wash your hands after touching farm animals, pets, animal poop, and anywhere an animal lives.
- ▶ Wash your hands after handling adult chickens, chicks, and reptiles.
- ▶ Make sure to wash hands after cleaning up any poop, even if you were wearing gloves.
- ▶ Wash pet dishes, cages, or aquariums outside, if possible. If it is not possible, do not use the kitchen sink.
- ▶ Do not feed pets raw or undercooked meat.



Looking for more information? Check out these additional resources:

- ▶ Handwashing After Animal Contact: www.dhs.wisconsin.gov/publications/p01699.pdf
- ▶ Salmonella and Backyard Poultry: www.dhs.wisconsin.gov/publications/p01788.pdf
- ▶ Staying Healthy While Working on a Farm: www.dhs.wisconsin.gov/publications/p01711.pdf
- ▶ Reptile-associated Salmonellosis Fact Sheet: www.dhs.wisconsin.gov/publications/p4/p42082.pdf

