

# Fact Sheet: Salmonellosis

## What is Salmonellosis?

Salmonellosis (also referred to as Salmonella) is a zoonotic disease caused by the Bacteria *Salmonella*. *Salmonella* is usually found in contaminated foods of animal origin, such as beef, poultry, unpasteurized milk, or raw eggs. However, all foods, including fruits and vegetables, may become contaminated.

*Salmonella* is also associated through direct contact with reptiles, amphibians, poultry and other animals and their environments.

## Signs and Symptoms

- Diarrhea (many loose bowel movements)
- Dehydration (loss of fluids)
- Nausea and vomiting
- Stomach aches
- Fever
- Headache

Symptoms usually appear 12-72 hours after exposure.

**If you are a food-service worker, a health-care worker, or a day-care worker: report your illness to your supervisor and do not work until your medical provider says it is ok.**

## How is it spread?

People get Salmonellosis from eating contaminated food, drinking contaminated water, handling raw meats, or from infected people who do not wash their hands after using the bathroom.

- *Salmonella* is also found in pets, including turtles, iguanas, chicks, dogs and cats.
- It can be given to humans if they do not wash their hands after coming into contact with these animals and their environments.

## Prevention

- Cook poultry, ground beef, and eggs thoroughly. Do not eat or drink foods containing raw eggs, or raw (unpasteurized) milk.
- If you are served undercooked meat, poultry or eggs in a restaurant, do not hesitate to send it back to the kitchen for further cooking.
- Wash hands, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- Wash hands with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.
- Do not work with raw poultry or meat, and an infant (e.g., feed, change diaper) at the same time.

## Treatment

Symptoms usually resolve within 5-7 days. Severe cases may require rehydration therapy.

If you have Salmonellosis, you should:

- Drink plenty of fluids (such as water or juice).
- **Do NOT** prepare food.
- Wash your hands after using the bathroom or changing diapers.
- Clean the bathroom, including the toilet flushing handle, faucets and doorknobs with a disinfectant

This fact sheet is for informational purposes and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care professional. For more information about communicable disease, speak to your health care provider or call the Ingham County Health Department at (517)-887-4308.

Visit our website at <http://hd.ingham.org>

or the Centers for Disease Control & Prevention at: [www.cdc.gov](http://www.cdc.gov)

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