

# SALMONELLA

## WHAT IS SALMONELLA?

*Salmonella* bacteria cause 1.35 million infections, over 20,000 hospitalizations and over 400 deaths a year in the United States. Food and animal exposures cause many of these illnesses.

The infection is particularly dangerous for:

- Children younger than 5 years
- People 65 years and older
- People with weakened immune systems

## HOW IS SALMONELLA TRANSMITTED?

This bacteria lives in the digestive tracts of people and animals. Swallowing the *Salmonella* bacteria can cause infection.

## WHAT FOODS CAN BE CONTAMINATED WITH SALMONELLA?

- Undercooked/raw chicken, beef, turkey and pork
- Undercooked/raw eggs
- Raw (unpasteurized) dairy products
- Fruits, sprouts, other vegetables
- Processed foods, such as nut butters and stuffed chicken meals

## WHAT ARE THE SYMPTOMS OF SALMONELLA INFECTION?

Symptoms vary depending on the person infected and their own medical history. Common symptoms include:

- Diarrhea
- Bloody Diarrhea
- Nausea
- Vomiting
- Fever
- Abdominal Cramping
- Headache

## HOW DO I PREVENT SALMONELLA INFECTION?

- Ensure foods are cooked to the correct internal temperature
- Wash hands after handling animals, raw meat, using the bathroom and before eating
- Wash produce before eating, especially if eating raw
- Use separate cutting boards for raw meats and other food
- Never leave perishable foods out of the refrigerator for over 2 hours
- Do not wash meat in the sink



*Salmonella* bacteria spread through contaminated water, the environment, other people and animals. Take extra caution when visiting farms and zoos.

## TREATMENT FOR SALMONELLA

Most people with this infection do not need antibiotics. They should drink plenty of fluids while diarrhea lasts. Some people with serious illness or at risk of serious illness might need IV fluids and/or antibiotics.

## RETURN TO WORK GUIDELINES

People who work in settings with a high risk of spreading infections, such as:

- Restaurants
- Healthcare facilities
- Daycares

Or children who attend daycare should wait until they have had two negative stool samples before returning. These tests should be taken 24 hours apart, with the first one done 48 hours after completing any prescribed antibiotics.

**Learn more about internal cooking temperatures and tips on how to keep your food safe here!**



**IF YOU BELIEVE YOU HAVE BEEN EXPOSED AND ARE SICK WITH SALMONELLA, CONTACT YOUR PRIMARY CARE PROVIDER RIGHT AWAY!**

