

Each year, there are approximately 40,000 reported cases of Salmonella in the United States. There has been a considerable increase in Salmonella cases in recent years.

According to the Centers for Disease Control and Prevention, Salmonella infection is now the second most common food borne illness in the United States.

For more information

Please visit the following websites:

Department of State Health Services
<http://www.dshs.state.tx.us>

Centers for Disease Control and Prevention
<http://www.cdc.gov>

U.S. Food and Drug Administration
<http://vm.cfsan.fda.gov/~mow/chap1.html>

Denton County Health Department
<http://dentoncounty.com/heart>

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SALMONELLA



What You Need to Know

What is Salmonella?

Salmonella is a bacteria that causes an infection called Salmonellosis. *Salmonella* is actually a group of bacteria that can cause diarrheal illness in humans.

Salmonella bacteria live in the intestinal tract of humans and animals. *Salmonella* usually enter the body when a person or animal eats contaminated foods, drinks contaminated water, or has hand-to-mouth contact with infected feces.



Who can get Salmonella?

All humans and animals are at risk of getting salmonella. The elderly, young children, and the immunocompromised are especially at risk of getting the illness.

What are the symptoms?

The most common symptoms of Salmonella are:



- Headache
- Diarrhea
- Fever
- Stomach Cramps
- Nausea
- Vomiting

These symptoms may last for five to seven days, but if the person does not take antibiotics, the sick person may be able to pass the disease to others for up to two months.

How is it diagnosed?

Laboratory tests of stool samples must be performed in order to diagnose that the illness is caused by *Salmonella*.

What is the treatment?

If the laboratory tests come back positive for *Salmonella* the person is then given antibiotics. Children should not return to day care centers or schools and food handlers should not return to work until diarrhea and fever are no longer present.



How to avoid Salmonella:

- Do not eat raw or uncooked eggs, poultry, or meat.
- Cook eggs, poultry, and meat thoroughly at a temperature of at least 160°F.
- Do not drink unpasteurized milk or other raw dairy products.
- Clean cutting boards and utensils used to prepare foods.
- Always wash your hands after going to the restroom, changing a baby's diaper, handling pets/livestock, and before preparing or serving food.
- Avoid drinking water from ponds, lakes, rivers, and swimming pools.