

# Salmonellosis (Salmonella)

## What is Salmonella?

- Salmonella is a bacteria that causes an infection called Salmonellosis.
- Salmonellosis generally affects the intestinal tract but can also affect the blood stream or other body systems.
- Salmonella bacteria are spread by eating or drinking contaminated food or water, and contact with fecal matter (poop) from infected people or animals.

## Who can get Salmonella?

It only takes a small amount of Salmonella bacteria to make you sick and anyone can get sick from it.

### People can get Salmonella from:

- eating raw or undercooked poultry or other meats (or eating something that touched it)
- eating un-washed fruit or other produce
- drinking untreated water
- drinking raw (unpasteurized) milk
- contact with an infected person or animal or their feces (poop)

## Symptoms of Salmonella:

Symptoms usually start 12-72 hours after exposure, and usually last about 4-7 days.

### Symptoms include:

- Diarrhea that can be bloody
- Stomach cramps or pain
- Fever
- Nausea
- Vomiting
- Headache



## What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose Salmonellosis.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

## How to decrease your chance of getting Salmonella:

There is no vaccine or cure for Salmonella, the best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop) or garbage
- after contact with animals (pets, zoos, farms, fairs)



-Keep raw poultry away from other foods.

-Cook poultry and all meats all the way.

-Wash all fruits and vegetables.

-Do NOT drink untreated water or unpasteurized milk.

## Treatment:



People with a Salmonellosis infection should drink plenty of fluids to prevent dehydration.

Most people do not require antibiotic treatment to recover from this illness. They may, however, be given to those who have severe illness or those with a weakened immune system.

If your healthcare provider gives antibiotics for a Salmonella infection, take them exactly as instructed. Make sure you take all the pills even if you feel better.