

SALMONELLA

PERSONAL HEALTH FACT SHEET

What is Salmonella?

Salmonella is a bacterium that gets into the intestines and causes illness. The bacteria can be found in raw eggs, raw (unpasteurized) milk, meat, poultry (chicken, turkey), and pet turtles and chicks.

How is it spread?

The bacteria can be spread to people by eating food with the bacteria in it. The bacteria can also be spread by people who don't wash their hands after having a bowel movement, changing diapers, or working with raw eggs/poultry. If you have been exposed to the bacteria, you may develop symptoms in 6-72 hours, but usually within 12-36 hours.

How is it treated?

Salmonella is usually diagnosed by checking stool samples. The bacteria usually subside; medication is only given in certain situations. To make sure the bacteria are gone, you may have to submit another stool sample. If you are a food-handler, daycare worker or attend a day care, you may (need to) be excluded until symptoms are gone.

How can we prevent Salmonella?

- Do not eat raw eggs or raw (unpasteurized) milk.
- Throw away cracked eggs because they may have the germ in them.
- Cook meat well before eating it. Put cooked meat into refrigerator right after a meal.
- Scrub cutting boards, counters, utensils with hot soapy water after contact with raw or cooked meat, poultry or eggs.
- Wash your hands and your children's hands after using the bathroom, after changing diapers, before eating, before and after making food, and after playing with animals.

SYMPTOMS OF SALMONELLA

Often a person with Salmonella may have:

- headaches
- nausea & vomiting
- abdominal pain
- fever
- diarrhea



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