



# Fact Sheet: Salmonellosis

## What is Salmonellosis?

Salmonellosis is a disease caused by bacteria that get into the intestines. The bacteria can be found in raw eggs, unpasteurized milk, poultry, meats, and pet turtles and chicks.

### What are the symptoms?

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

Symptoms appear 12-36 hours after exposure. Sometimes a person may be infected with salmonella but not feel sick.

## How is it spread?

People get salmonella from eating contaminated food, from handling raw meats, or from infected people who do not wash their hands after using the toilet.

## How is it treated?

If you have salmonella you should:

- Drink plenty of fluids (such as water or juice).
- Not prepare food.
- Wash your hands after using the bathroom or changing diapers.
- Clean the bathroom, including the toilet flushing handle, water faucets and doorknobs, with 1 part bleach in 10 parts water (make a fresh solution everyday).

Children with salmonella should:

- Drink plenty of fluids (i.e., water or juice).
- Stay away from other children until they are well.

If you are a food service worker, a health care worker, or a childcare worker: report your illness to your supervisor and do not work until your illness is over and your medical provider says it is OK to return to work.

## How is it prevented?

- Wash your hands and your children's hands after using the toilet, after changing diapers, before eating, before and after making food, and after playing with animals.
- Do not eat raw or runny eggs or unpasteurized milk.
- Cook meat well before eating it. Put leftover cooked food in the refrigerator right after a meal.
- Wash cutting boards and counters with hot soapy water after cutting raw or cooked meat on them, followed by a bleach solution (tablespoon bleach to ½ cup water).
- Wash and disinfect children's toys, the floors they crawl on and surfaces they touch with detergent followed by a bleach solution (1 cup bleach to 1 gallon water). Make the solution fresh everyday. Rinse washed toys and surfaces in clean hot water.

*This fact sheet is for information only and is not meant to be used for self -diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider or 257-3612.*

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

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