

CDRS COMMUNICABLE DISEASE FACT SHEET

SALMONELLOSIS

Communicable Disease Reporting System

A short-term gastrointestinal illness acquired from animals or from ingestion of food or water contaminated with *Salmonella* bacteria.

Symptoms

Symptoms usually start 6-72 hours after bacteria are swallowed. Symptoms may disappear untreated in 2-5 days.

Symptoms include:

- Diarrhea
- Stomach cramps
- Headache
- Fever
- Vomiting (sometimes)
- Dehydration, especially among infants and the elderly

Transmission

- *Salmonella* bacteria leave the body in the stool. If infected people fail to wash their hands well after going to the bathroom, they can pass the bacteria to others with their hands.
- *Salmonella* can also be spread by contaminated food, water, and milk.
- *Salmonella* also spreads through contact with infected animals, especially poultry, swine, cattle, rodents, and pets such as reptiles, chicks, ducklings, dogs and cats.
- Outbreaks of *Salmonella* are usually traced to foods such as commercially processed meat products, inadequately cooked poultry, uncooked and lightly cooked foods containing eggs or egg products, unpasteurized milk or dairy products, and foods contaminated by feces from an infected food handler.

Diagnosis & Treatment

- Diagnosis for *Salmonella* is made by testing the stool, blood, or another body fluid.
- Most people get rid of the bacteria on their own without any treatment. In fact, antibiotics may even make the infection worse and lead to a carrier state.

Prevention

- Drink plenty of fluids (clean water, juices, soup) to prevent dehydration (fluid loss).
- WASH HANDS WELL after using the bathroom and changing diapers, and before eating or preparing meals
- Cook all meats, particularly pork, poultry, egg products and meat dishes thoroughly
- Disinfect food preparation surfaces and utensils after each use (1 teaspoon of liquid household bleach in 1 gallon of water). Do not just rinse off countertops and utensils with plain water. Let clean preparation surfaces air-dry. Prepare the bleach solution fresh daily.
- Do not eat raw or undercooked eggs.
- Drink only pasteurized milk.
- **Wash hands well** after handling animals or cleaning animal areas, even if the animals appear healthy.

Additional Information

A person who works in food or beverage industry, direct patient care, as child care, or is a child in child care should not go to work / childcare until they have met criteria as per the local health department.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

www.cdrsinfo.com

Columbus and Franklin County Communicable Disease Reporting System

c/o The Franklin County Board of Health, 280 East Broad Street, Columbus, OH 43215

(614) 719-8888 ♦ (614) 719-8890 fax ♦ cdrs@franklincountyohio.gov - email

