



1. What is salmonellosis?

Salmonellosis, also called salmonella infection, is a bacterial infection that affects the intestines and sometimes the urine, bloodstream or other body tissues. Salmonellosis is one of the more common causes of diarrhea. Cases can occur anytime of the year. Salmonellosis can be transferred from person to person.

2. How do you get salmonellosis?

- Drinking or eating contaminated water or food sources (including poultry, meat and eggs).
- Contact with infected people or animals.
- Infants, children, the elderly, and those with compromised immune systems (including patients with cancer, AIDS) are more likely to have a severe illness.

3. How do you know if you have salmonellosis?

The most common signs and symptoms of salmonellosis include:

- Mild to severe diarrhea
- Vomiting
- Fever
- Abdominal pain
- Nausea
- Headache
- Body ache

Symptoms can be mild or very serious, especially in infants, younger children, persons with health problems and the elderly.

The symptoms usually appear one to three days after contact with the germs, but may take up to five days to appear.

4. How is salmonellosis treated?

- Most people with the germ will get better on their own within five to seven days.
- Some may need to replace fluids lost during their illness (use Gatorade, pedialyte).
- Medications are not recommended for treating this infection, unless the infection spreads.
- Talk to your doctor if your symptoms get worse.

5. How can salmonellosis be prevented?

- Separate foods: Store raw meat, poultry and seafood away from other foods in your refrigerator.
- Wrap fresh meats in plastic bags at the market to prevent bloody liquid from dripping on other foods.
- Refrigerate foods quickly; do not let them sit in room temperature.
- Immediately wash cutting boards and counters used to prepare raw foods to avoid spreading the germs to other foods.
- Do not eat raw or undercooked meats. Use a meat thermometer to check the inside temperature of the meats.

Food	Temperature
Chicken	165° F
Hamburger	160° F
Pork	150° F
Hot dogs	140° F
Leftovers	165° F
Eggs	145° F
Other foods	140° F

- Avoid eating raw eggs or undercooked foods containing raw eggs (i.e. cookie dough, homemade ice cream, tiramisu, eggnog). If eating raw eggs, make sure they are pasteurized.
- Do not drink unpasteurized milk.
- Wash your hands after you: use the toilet, change a diaper, handle raw meat or poultry, clean up pet feces, touch reptiles or birds.
- Wash and peel all fruits and vegetables before eating.
- If you have salmonellosis, do not prepare food for others until your diarrhea has resolved.

Sources

1. *Salmonellosis*. L.A. Department of Public Health. <http://www.lapublichealth.org/acd/>
 2. *Salmonellosis*. California Department of Public Health. www.cdph.ca.gov/healthinfo
 3. *Salmonellosis*. Centers for Disease Control and Prevention. www.cdc.gov/diseasesconditions
 4. *Salmonellosis*. National Institute of Allergy and Infectious Diseases. <http://www3.niaid.nih.gov/topics/salmonellosis/>
 5. *Salmonellosis*. Wisconsin Department of Health Services. <http://dhs.wisconsin.gov/communicable/FactSheets/Salmonellosis.htm>
 6. *Salmonellosis*. New York State Department of Health. http://www.health.state.ny.us/diseases/communicable/salmonellosis/fact_sheet.htm
- For additional resources, please visit the L.A. County Department of Public Health website <http://publichealth.lacounty.gov>.