

Fact Sheet

Salmonellosis

What is Salmonellosis?

Salmonellosis is an illness that affects the intestine and is caused by bacteria called *Salmonella*. The effects of the illness can range from mild to severe.

What are the symptoms?

The symptoms usually begin 12 to 36 hours after swallowing the bacteria but they can happen anywhere between 6 to 72 hours after. Symptoms include: diarrhea, fever, stomach pains, nausea and throwing up.

Who can get it?

Anyone can get Salmonellosis. People who are most likely to be really sick include elders, babies and those who are weak from another illness, such as those being treated for cancer or people with HIV.

How does a person get it?

People usually get salmonellosis by eating food that has the bacteria. *Salmonella* bacteria live in the stomach and intestines of many animals and can affect meat, eggs, chicken or turkey, and milk. Other foods like vegetables, fruit and shellfish can become get *Salmonella* by unclean water.

Salmonella can be spread from person to person by not washing your hands properly after going to the toilet, or after cutting or cooking food with the bacteria.

What is the treatment for it?

Usually a person does not need medicine to get better. The ill person will usually feel better in about 5 to 7 days. In some severe cases, people need to see a healthcare provider for medicine to feel better.

How can it be prevented?

- Thoroughly cook meat bought from stores, such as beef, pork, or chicken.
- Wash raw vegetables and fruit before eating.
- Keep raw meats separate from vegetables and from cooked foods.
- Avoid raw (unpasteurized) milk or foods made from raw milk.
- Wash hands, knives/ulus, and cutting boards after handling raw foods.
- When drinking water from lakes or rivers, try to boil it first to make sure it is safe.