

Fast Facts

Salmonella

- Common bacterium that can infect the intestinal tract
 - Infection is called salmonellosis
- Bacterium usually lives in the digestive system of animals and humans and is shed through feces
 - People become infected when they come into contact with contaminated water or food
 - Some foods that are commonly impacted are raw meat, poultry, seafood, and eggs
 - Fruits and vegetables can also be tainted if they're hydrated in the field or washed during processing with contaminated water
- Spread by people who don't wash their hands thoroughly after using the bathroom/changing a diaper, or handling certain types of pets that are more prone to carrying the bacteria (ex. reptiles or birds)
 - Incubation period is somewhere between several hours to two days
 - Symptoms usually last two to seven days, although diarrhea can last up to 10 days
 - For some individuals, it can take months before their bowels return to normal

| <i>Symptoms</i> | <i>Treatment</i> | <i>Prevention</i> |
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| <ul style="list-style-type: none"> -Nausea -Vomiting -Stomach cramps -Diarrhea -Fever -Chills -Headache -Blood in the stool | <p><i>Replace Fluid and Electrolytes:</i></p> <ul style="list-style-type: none"> -Drink water/suck on ice chips -Drink sports drinks -Oral rehydration solutions (children) -IV fluids (at hospital for severe cases) <p><i>Medications:</i></p> <ul style="list-style-type: none"> -Anti-diarrheal (use caution) -Antibiotics (only if infection has entered your bloodstream, you have a compromised immune system, or you've got a severe case) | <ul style="list-style-type: none"> -Wash hands frequently and thoroughly with soap and warm water for at least 20 seconds. <p><i>Food Prep:</i></p> <ul style="list-style-type: none"> -Store raw meat, poultry, seafood, and eggs away from other foods in the refrigerator -Have two cutting boards (one for raw meat and the other for fruits and vegetables) -Don't place cooked food on an unwashed plate that previously had raw meat on it -Avoid eating raw eggs or products that contain raw eggs (ex. cookie dough, homemade ice cream, and eggnog) unless they say they're pasteurized <p><i>Cooking:</i></p> <ul style="list-style-type: none"> -Make sure all food is cooked thoroughly -Refrigerate or freeze food promptly |

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