

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

©2021 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.