

# Salmonellosis (Salmonella)

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## What is **Salmonellosis**?



**Salmonellosis** is an infection from a bacterium called **Salmonella**. Most persons infected with **Salmonella** develop diarrhea, fever, and abdominal cramps 12 to 72 hours after infection. The illness usually last 4 to 7 days and most people recover without treatment. **Salmonella** is often called “food poisoning” because contaminated food can carry the bacteria that make people sick.

## How do people catch **Salmonella**?

**Salmonella** live in the intestinal track of humans and other animals, including birds. **Salmonella** are usually transmitted to humans by eating foods contaminated with animal feces. Contaminated foods usually look and smell normal. Contaminated foods are often of animal origin, such as beef, poultry, milk, or eggs, but all foods, including vegetables may be contaminated. Many raw foods of animal origin are contaminated, but fortunately, thorough cooking kills **Salmonella**. Food may also become contaminated by the unwashed hands of an infected food handler, who forgot to wash his or her hands after using the bathroom.

## How is it spread?

**Salmonella** germs are in the stool of infected people and can be spread by:

- People who fail to wash their hand thoroughly or clean under their fingernails after using the toilet or changing diapers
- People who do not keep hot food hot and cold foods cold
- People who do not thoroughly cook poultry or eggs
- People who do not clean cutting boards and cabinets and utensils used to prepare food.
- People who fail to wash their hands after handling reptiles.

***Proper hand washing and food handling is the best prevention against salmonella.***

## How can you prevent it?

- Wash hands before preparing or serving food. Keep hot foods hot and colds foods cold.
- Keep food preparation and kitchen utensils clean.
- Cook meat, eggs, chicken, turkey, and sausage thoroughly.

## People with salmonella must not:

- Work as a food handler
- Work in a daycare
- Attend a daycare

Any questions, contact Volusia County Health Department, (386) 274-0651 or (386) 274 -0633.