

# Salmonella

## 1. What is salmonella?

Salmonella, also called salmonellosis, is an illness you get from germs that cause diarrhea, stomach pain, and fever.

## 2. How does salmonella spread?

You can get salmonella by drinking or eating contaminated foods, or coming in contact with people or animals that are sick with salmonella. Foods that get contaminated with salmonella usually come from animals (beef, poultry, raw milk, or eggs), but any food can become infected with salmonella.

## 3. What are the signs of salmonella?

The symptoms of salmonella are mild in most people, but can be serious in infants, younger children, elderly, and persons with health problems. Salmonella symptoms include:

- Diarrhea
- Body ache
- Fever
- Abdominal Pain
- Nausea
- Headache

## 4. How is salmonella treated?

Most people with salmonella will get better on their own within five to seven days. Some may need to replace the fluids lost during their illness by drinking water, soup broth or Pedialyte. Medications aren't needed, unless the infection gets worse.

## 5. How can you prevent the spread of salmonella?

- Wash your hands after you use the bathroom or change a diaper.
- Wash all fruits and vegetables before eating them.
- Wrap fresh meats, poultry, and seafood in plastic bags at the market to prevent their liquids from dripping on other foods.
- Use a meat thermometer to check the inside temperature of meats to make sure they are fully cooked.
- Immediately wash cutting boards and counters used to prepare raw foods to avoid spreading the germs to other foods.
- Avoid eating raw eggs and foods that contains uncooked eggs (i.e. cookie dough, homemade ice cream, tiramisu, eggnog).
- If you have salmonella, don't prepare food for others until your diarrhea has stopped.
- If you have salmonella and work in the food industry or in healthcare, you may need to be cleared by Public Health to return to work.
- All persons with lab tests that show Salmonella are reported to Public Health and will be contacted by a nurse.



### Key Points:

- Salmonella spreads from eating or drinking foods that are contaminated with salmonella.
- Most people with salmonella get better on their own in 5 to 7 days.
- To prevent getting sick:
  - ✓ Wash hands with soap and water, especially before eating and after using the bathroom
  - ✓ Cook meat and poultry at a proper temperature
  - ✓ Don't drink unpasteurized milk, or eat uncooked meat and raw eggs

### For more information:

Los Angeles County,  
Department of Public Health  
<http://publichealth.lacounty.gov/>

California Department of  
Public Health  
[www.cdph.ca.gov/healthinfo](http://www.cdph.ca.gov/healthinfo)

Centers for Disease Control and  
Prevention (CDC)  
[www.cdc.gov/diseasesconditions](http://www.cdc.gov/diseasesconditions)

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