



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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Salmonella

What is Salmonellosis?

Salmonellosis is a disease caused by a bacterium that gets into the intestines. Once there, it begins to reproduce. People begin to feel the effects – mainly abdominal cramping, fever, and diarrhea – some 6 hours to 6 days after becoming infected. Severity of the disease depends on the amount of organism ingested.

What are the signs and symptoms?

- Diarrhea (that can be bloody)
- Fever
- Stomach cramps
- Nausea
- Vomiting
- Headache

How is it spread?

Salmonella is transmitted by direct or indirect contact with infected animals and their environments. Salmonella is also classified as a foodborne disease because ingestion of contaminated foods is the most common mode of transmission. Food sources include raw and undercooked foods of animal origin as well as other foods such as produce and processed foods. The organism can also be spread by infected people who don't wash their hands after going to the bathroom or changing the diaper of an individual with this illness.

What is the treatment?

Most healthy people recover from Salmonellosis without any specific treatment. Generally speaking, people who do not handle food can return to work as soon as symptoms subside. However, people in certain occupations, such as cooks, health care workers, daycare or nursing home personnel often cannot return to work until they have a stool test, ordered by their doctor, and the results are negative for salmonella.

How can I protect myself?

- Always wash your hands after contact with animals, using the toilet, changing diapers, or helping someone clean up after using the toilet.
- Refrigerate or freeze foods likely to spoil or go bad quickly, prepared foods, and leftovers within 2 hours (or 1 hour if the temperature outside is 90 degrees Fahrenheit or hotter).

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- Prepare foods properly and cook to recommended internal temperature.
- Encourage children to keep their hands out of their mouths.
- Don't kiss animals.
- Don't eat or drink around animals-such as at a fair, or petting farm.
- Avoid eating 'raw' food such as raw eggs, cookie dough or eggnog.