

Salmonella are bacteria that often make people sick. There are many types of *Salmonella* that can cause illness.

SYMPTOMS

Symptoms of *Salmonella* may include:

- Diarrhea (loose poop, more often than usual)
- Vomiting (throwing up)
- Fever and chills
- Stomach pain

Symptoms start from 12 to 72 hours after being infected. Symptoms can be mild to severe and may last 4 to 7 days. Children under 5, the elderly and people whose bodies cannot fight disease are more likely to get really sick with *Salmonella*.

TREATMENT

Most people with *Salmonella* get better within a week without treatment. You should drink fluids if you have diarrhea or vomiting to keep from becoming dehydrated.

Dehydration is serious and may need special medical care. Dehydration is more of a problem for children under 5, the elderly, and people whose bodies cannot fight disease. If you have vomiting or diarrhea, be sure to replace the fluids you lose. You can do this by drinking lots of water, making a drink that is half water and half juice or soda (without caffeine) or drinking an oral rehydration fluid. Oral rehydration fluid is a mixture of salts and sugar mixed with water that replaces lost minerals (ask your pharmacist). If you have severe dehydration or cramping you may need to go to the hospital.

HOW IT SPREADS

People, pets, farm animals and wild animals can have *Salmonella*. The germs are in their intestines and shed in their stools (poop.) Animals with *Salmonella* germs often look healthy and clean.

Salmonella germs can easily get on skin, fur, feathers, scales, cages, tanks, bedding, food and other things. The germs can spread to people when they do not wash their hands after

- Petting or handling animals or their things
- Cleaning their tanks, cages, pens
- Cleaning up animal waste

Salmonella is also spread when the bacteria

- From eggs or meat of infected animals is not cooked enough to kill the germs
- Gets into food when someone who is sick with salmonella does not wash their hands well
- Gets on fruits and vegetables from dirtied utensils, cutting boards, countertops or from hands that have not been washed well before preparing or eating food
- Gets into raw milk or cheese from infected animals
- Gets on things when you let reptiles (snakes, bearded dragons, turtles), frogs, chicks or baby ducks to be loose in your home

HOW TO PREVENT SALMONELLA INFECTION—READ THE OTHER SIDE OF THIS PAGE

Food Safety

- Cook meats well. Use a food thermometer to make sure meat is done.
- Wash hands, cutting boards, countertops, and utensils if they touch raw meat, poultry or other foods.
- Use a separate cutting board for meats and poultry; different from foods you will eat without cooking. The best cutting boards are easy to clean (made of glass, plastic or stone) and do not absorb liquid.
- Do not use raw (unpasteurized) juices, milk or cheese
- Keep eggs refrigerated. Don't use uncooked eggs in foods that will not be cooked like eggnog.
- Rinse fruits and vegetables well before eating them.
- Keep hot foods hot and cold foods cold so bacteria won't be able to grow in food.
- Sick people should not make food for others.

Babies

- Wash everything babies put in their mouths.
- Heat your baby's bottle right before you use it. Refrigerate leftover milk right away. Throw out unused milk in a baby's bottle that has not been refrigerated.
- Wash bottles and nipples in hot soapy water before each use.

Pets

- Chicks, ducklings, frogs and reptiles (including bearded dragons) are risky pets for young children because they may have *Salmonella*.
- Don't kiss pets or allow children to do so.
- Wash hands after petting or touching animals.
- Wear gloves and wash hands when cleaning pets' cages and their waste. Don't clean cages or pet waste in the kitchen. Flush dirty wash water down the toilet.

How to Wash



1. Wet



2. Soap



3. Scrub 15 –20 seconds



4. Rinse



5. Dry



6. Use towel to turn off faucet

MORE ABOUT HANDWASHING

WHEN TO WASH

- Before and after eating
- Before, during and after making and touching food
- After using the bathroom or helping a child use the bathroom
- After changing or checking a diaper
- After coughing, sneezing, blowing your nose and after wiping a child's nose
- After touching blood or body fluids (urine, feces, vomit)
- After touching animals or their waste
- After touching trash
- After touching money
- Whenever hands look, feel or smell dirty

Washing hands is the best way to keep from getting many illnesses. No soap and water? Use a hand sanitizer made with alcohol (follow package directions)-then wash with soap and water as soon as you can.