

What is Salmonella?

- **Salmonella** is a type of bacteria (germ).
- It is found in the stool (bowel movement) of an infected person, animal or pet.



What are the symptoms?

Illness usually occurs 6-72 hours after exposure and may last for 5-7 days. Salmonella infections usually do not require treatment unless severe dehydration or infection spreads from intestines.

Illness may be mild to severe. Some people may not feel sick at all, but can still infect others.

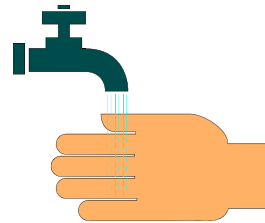
Some symptoms are:

- Stomach cramps
- Diarrhea
- Fever
- Nausea and vomiting

How is Salmonella spread?

- By not washing your hands after using the toilet or changing diapers.
- Not washing your hands after handling or caring for animals, reptiles or birds.
- Not washing your hands before fixing food, eating food or feeding others.
- Eating raw or under cooked meat, poultry or eggs.

How can you avoid getting Salmonella?



Wash your hands with soap and water, especially:

- After using the toilet.
- After changing a diaper.
- After handling reptiles, pets or cleaning their cages.
- Before handling food or eating.

Clean and disinfect contaminated surfaces.

You can use **1 tbs.** (tablespoon) bleach in **1-gallon** cool or lukewarm water to disinfect:

- Bathroom fixtures after use by the sick person.
- Toys and infant furniture after use by the sick child.
- Pet cages and waste areas. (Keep away from food preparation areas).

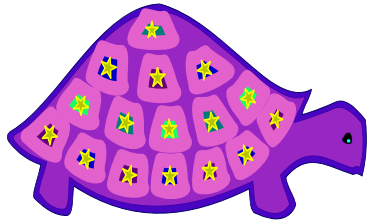
Prepare food safely!

- A person with diarrhea should **NOT** prepare food for others.
- Keep **COLD** foods **COLD (below 40° F)**.
- Keep **HOT** foods **HOT (above 160° F)**.
- Thoroughly cook **poultry, meat and eggs** to kill Salmonella.
- Use a cutting board for meat and poultry that is not used for other foods. Clean cutting boards and knives with hot soapy water and rinse with a bleach solution.



What else?

- **Food handlers, health care workers and childcare providers** who have diarrhea should **not** work.
- **Keep your child home and inform your childcare provider** if your child has diarrhea.
- **Keep reptiles out of homes with children under age 5 or people with weakened immune systems.**



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If you have questions, call:



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Prevent Salmonella

