

SALMONELLOSIS

WHAT IS SALMONELLOSIS?

Salmonellosis, commonly known as Salmonella, is a disease caused by the bacteria *Salmonella*. This bacterium is typically found in contaminated foods such as unpasteurized milk, raw eggs, beef, and poultry. However, all foods like fruits and vegetables can also become contaminated.

SIGNS AND SYMPTOMS

What are the signs and symptoms?

- Diarrhea
- Loss of fluids (dehydration)
- Nausea and vomiting
- Stomach aches
- Fever
- Headaches

Symptoms can usually start within 6 hours-6 days after infection and last for 4-7 days.

HOW DOES IT SPREAD?

- Eating contaminated food or drinks infected with salmonella is how it is typically spread. One may also get salmonella by handling raw meats and not washing hands properly, as well as from others who do not wash hands after using the restroom.
- Salmonella can also be found in pets. Not washing hands after coming in contact with these animals and their environments may be another way it can be spread to humans.



HOW IS IT TREATED?

The symptoms of salmonella typically resolve 5 to 7 days after infection. If you have salmonella, make sure you are drinking lots of fluids such as water or juice and practicing proper handwashing. Also, clean and disinfect the bathroom, including faucets and doorknobs.



PREVENTION

- Make sure to cook all poultry, meat products, and eggs thoroughly.
- Do not eat or drink foods that contain unpasteurized milk or raw eggs.
- Inspect food you receive from restaurants – if it looks undercooked, send it back to the kitchen.
- Always wash hands, kitchen surfaces, and utensils with soap and water after they have been in contact with raw meats or poultry.



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FOR MORE INFORMATION
Visit the CDC here: [Salmonella Homepage](#) | [CDC](#)

This fact sheet is for information purposes and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care professional.