

FACT SHEET

SALMONELLA

Approximately 42,000 cases of Salmonellosis are reported annually in the United States, making it the most common form of food poisoning. Because many milder cases are not diagnosed or reported, the actual number of infections is likely many more times greater. Salmonella is killed by cooking and pasteurization.

SOURCES: Eggs, poultry, meat, unpasteurized milk or juice, cheese, contaminated raw fruits and vegetables

INCUBATION PERIOD: 6-48 hours

SYMPTOMS: Diarrhea, fever, abdominal cramps, vomiting

DURATION: 4-7 days

WHAT DO I DO?: Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe, call your doctor. Antibiotics may be necessary if the infection spreads from the intestines to the blood stream.



Simple food handling practices can help prevent *Salmonella* infections:

- Cook poultry, ground beef, and eggs thoroughly.
- Keep food properly refrigerated before cooking.
- Wash hands, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- Produce should be thoroughly washed.
- Uncooked meats should be kept separate from produce, cooked foods, and ready-to-eat foods.
- Hands should be washed before handling food, and between handling different food items.
- Chill foods promptly after serving and when transporting from one place to another.
- Foodservice workers who have contracted *Salmonellosis* should not prepare food or pour water for others until their diarrhea has resolved. (Many health departments require that restaurant workers with *Salmonella* infection have a stool test showing that they are no longer carrying the *Salmonella* bacterium before they return to work.)