

Salmonella

The disease

Salmonellosis is a bacterial infection that can affect the intestinal tract and occasionally the blood stream. It is one of the more common causes of food poisoning. The disease usually appears in 1 to 3 days, but symptoms may appear as soon as 6 hours after exposure. The disease usually last 4 to 7 days.

Cause

- Contaminated raw meats
- Eggs
- Unpasteurized milk and cheese products
- Yeast
- Coconut
- Salad dressings
- Cake mixes
- Peanut butter
- Cocoa
- Chocolate
- Infected pets such as: cats, dogs, turtles, iguanas
- Farm animals
- Wild animals

People become infected by eating or drinking contaminated food or by contact with the waste of an infected person or animal.

Symptoms

- Diarrhea
- Fever
- Headache
- Stomachache
- Nausea
- Vomiting

Prevention

Wash hands with soap and hot water for at least 30 seconds after using the restroom and before and after preparing food. Wash hands after handling pets. Avoid raw milk products, raw eggs and under cooked foods. To avoid eating raw or undercooked meats, ensure that the internal cooking temperatures reach 165° F for all meat products.

Treatment

Most people with salmonellosis will recover on their own. Some people may require fluids, given intravenously, to prevent dehydration.