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## Fact Sheet

# Salmonella

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### **What is Salmonella?**

Salmonella are bacteria that make people sick. Salmonella live in the intestines of people and animals. Most types of Salmonella cause an illness called salmonellosis, and most people with Salmonella infection have diarrhea, fever and stomach cramps, commonly referred to as food poisoning.

### **What are the symptoms of Salmonella?**

Most people with a Salmonella infection experience diarrhea (that can be bloody), fever, stomach cramps, nausea, vomiting, or a headache. Symptoms usually begin six hours to six days after infection and last four to seven days. However, some people do not develop symptoms for several weeks after infection and other experience symptoms for several weeks. Salmonella strains can sometimes cause infection in urine, blood, bones, joints, or the nervous system and can lead to severe disease. Salmonella infection is diagnosed when a laboratory test detects the presence of Salmonella bacteria in a person's stool, body tissue, or fluids.

### **How is Salmonella spread?**

People can get Salmonella infection from a variety of sources including eating contaminated food, drinking contaminated water, or touching infected animals, their feces, or their environment. Children under 5 years old are the most likely to get a Salmonella infection. Infants, adults aged 65 or older, and people with a weakened immune system are most likely to have severe infections.

### **What is the treatment for Salmonella?**

Most people recover from Salmonella infection within four to seven days without antibiotics. People who are sick with Salmonella infection should drink extra fluids as long as diarrhea lasts. People with severe illness, those with weakened immune systems, infants, and adults over the age of 65 may receive antibiotic treatment.

### **How can Salmonella be prevented?**

Always wash your hands with soap and water prior to eating anything to prevent disease. Salmonella can be found in many foods, and following precautions to clean, separate, cook and properly chill foods can prevent infection. Additionally, always wash your hands after contact with animals, using the toilet, changing diapers, or helping someone who is ill.

## How do I get more information on Salmonella?

Calhoun County Public Health Department

Phone: 269-969-6383

 [www.facebook.com/CCPublicHealthDepartment/](https://www.facebook.com/CCPublicHealthDepartment/)

Centers for Disease Control and Prevention

Phone: 800-232-4636 (800-CDC-INFO)

Website: <https://www.cdc.gov/salmonella/>

Spanish: <https://www.cdc.gov/spanish/especialescdc/salmonella/index.html>

*Salmonella*

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