

## How can Salmonella be prevented?

- \* Always refrigerate meat.
- \* Always cook poultry, ground beef, and eggs thoroughly before eating.
- \* Do not eat or drink food containing raw eggs or raw unpasteurized milk (such as homemade ice cream, raw cookie dough).
- \* All fruits and vegetables should be washed thoroughly before consuming.
- \* Always wash hands carefully with soap and water before and after preparing foods.
- \* Maintain a clean kitchen and protect foods against rodent and insect contamination.
- \* Wash hands with soap after handling reptiles or birds, or after contact with animal stool (poop).
- \* Be particularly careful when preparing food for infants, the elderly and the immunocompromised.



Source: Centers for Disease Control and Prevention (CDC) and Oklahoma State Department of Health (OSDH)

## Local Resources

For information on Salmonella visit our website at:

<http://www.tulsa-health.org/community-health/epidemiology/>

or write:

Tulsa Health Department  
Planning & Epidemiology  
5051 S. 129th E. Ave.  
Tulsa, OK 74134

Other Contact Information:

Phone: 918/595-4505

Fax: 918/595-4588

E-mail: [epidemiology@tulsa-health.org](mailto:epidemiology@tulsa-health.org)

### For more information on Salmonella, visit:

- Oklahoma State Department of Health  
(405) 271-4060  
[www.health.state.ok.us/program/cdd/infec.html](http://www.health.state.ok.us/program/cdd/infec.html)
- Centers for Disease Control and Prevention  
(888) 443-7232  
[www.cdc.gov](http://www.cdc.gov)



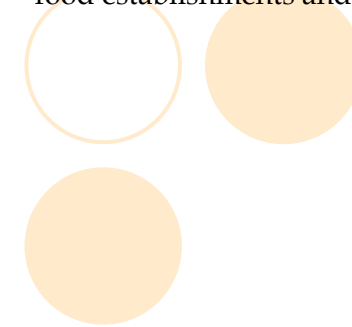
**TULSA HEALTH  
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Prepared by Planning & Epidemiology



# Salmonella

Every year 40,000 cases of Salmonella are reported in the United States. Many milder cases are not diagnosed or reported, so the actual number may be twenty or more times greater. On average, there are approximately 450 cases reported in Oklahoma each year. Tracking the disease helps recognize outbreaks that can be associated with food establishments and drinking water.

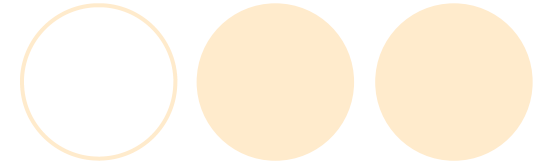


**TULSA HEALTH DEPARTMENT**

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# Salmonella



## What is Salmonella?

The *Salmonella* germ is actually a group of bacteria that can cause diarrheal illness in humans. They are microscopic living creatures that pass from feces of people or animals to other people or animals. There are many different kinds of *Salmonella* bacteria.

## Who is at risk for Salmonella?

Anyone can get Salmonella, but it is recognized more often in infants and children.

## How can Salmonella infections be diagnosed?

Many different illnesses can cause diarrhea, fever or abdominal cramps. In order to determine if Salmonella is the cause of the illness, a test may be done to identify *Salmonella* in the stool (poop) of an infected person. These tests are sometimes not done unless the laboratory is told specifically to look for the organism. Once *Salmonella* has been identified, further testing can be done to determine the specific type.

## What are symptoms of Salmonella?

- \* Mild or severe diarrhea
- \* Fever
- \* Vomiting
- \* Abdominal cramps

Most people with exposure to *Salmonella* develop diarrhea, fever and abdominal cramps 12 to 72 hours after infection.

## How are Salmonella bacteria spread?

*Salmonella* live in the intestinal tracts of humans and other animals, including birds. *Salmonella* are usually transmitted to humans by eating foods contaminated with animal feces. Food may also be contaminated by the unwashed hands of an infected food handler, who forgot to wash his or her hands with soap after using the bathroom. *Salmonella* may also be found in the feces of some pets, especially those with diarrhea, and people can become infected if they do not wash their hands after contact with these feces.

## Where are Salmonella found?

- \* Raw meats
- \* Uncooked eggs
- \* Raw (unpasteurized) milk and cheese
- \* Animals such as: pet turtles, baby chickens, ducks, dogs, and cats can also carry *Salmonella*.

## How long can an infected person carry Salmonella?

- \* An infected person can carry *Salmonella* for several days and possibly for many months.
- \* Infants and people treated with antibiotics may carry the bacteria longer.

## Should those infected be excluded from work, school, or daycare?

Since *Salmonella* is found in the feces (stool), people with diarrhea (especially children in day care centers or people who handle food) should not go to school or work.

Most infected people may return to work 24 hours after their diarrhea has stopped if they carefully wash their hands after they use the toilet, and before handling food.



## How can Salmonella infections be treated?

People ill with *Salmonella* usually recover in 4 to 7 days and often do not require treatment unless they become severely dehydrated or the infection spreads from the intestines. The elderly, infants and those with weaker immune systems are more likely to have a severe illness.

Persons with severe diarrhea may require intravenous fluids. Antibiotics are usually not necessary unless the infection spreads from the intestines.

Unfortunately, some *Salmonella* bacteria have become resistant to antibiotics.