



Disease of the Month: 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 (poop) of people or animals to other people or animals. There are many different kinds of Salmonella bacteria.

What are symptoms of Salmonella?

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

The illness usually lasts 4 to 7 days.

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 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 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.

How soon after exposure to Salmonella do symptoms appear?

Diarrhea and infection usually occur within 1 to 3 days after

exposure, but can be 6–72 hours.

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 than others.

TIPS: Preventing Salmonella

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. The following are tips for preventing Salmonella infection.

- * 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 (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.

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Special Points of Interest

DID YOU KNOW?

In Oklahoma there are approximately 450 Salmonella cases reported each year. Many milder cases are not diagnosed or reported, so the actual number may be greater.

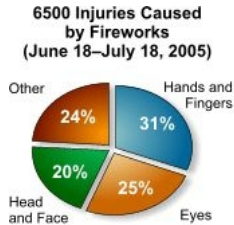


- * Maintain a clean kitchen and protect foods against rodent and insect contamination.
- * Wash hands with soap after handling reptiles or birds, or after contact with animal stool (poop).

CURRENT NEWS

FIREWORKS SAFETY

While many Americans will enjoy the safe and legal use of fireworks," said Acting U.S. Consumer Product Safety Commission Chairman Nancy Nord, "there will be those who will be treated in hospital emergency rooms as a result of using illegal fireworks, misusing fireworks, or due to a firework that has malfunctioned." Follow these tips for fireworks safety:



- Never allow young children to play with fireworks.
- Adults should always supervise fireworks activities. Parents often don't realize that sparklers have caused more injuries to children under age five than any other type of firework.
- Never have any portion of your body directly over a firework device when lighting the fuse. Move back a safe distance immediately after lighting.
- Never try to re-light or pick up fireworks that have not fully functioned.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light one item at a time.

The Tulsa Health Department collects Emergency Room chief complaint data to monitor the emergence of illnesses, such as influenza, in our community. For additional information on THD's county-wide surveillance system please [click here](#)

REPORTED CASES OF SELECTED DISEASES

Disease	Tulsa County		Oklahoma	
	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2006	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2006
<i>Campylobacter</i>	16	19	163	168
<i>E. coli</i> O157:H7	1	4	11	17
<i>Giardia</i>	4	11	49	71
Hepatitis A	0	2	3	5
Hepatitis B	n/a	n/a	n/a	n/a
Hepatitis C	n/a	n/a	n/a	n/a
Rabies (Animal)	1	1	55	35
<i>Salmonella</i>	22	32	174	235
<i>Shigella</i>	20	1	47	83

Discrepancies between state and county numbers may result from cases being reported directly to the county. Also, Tulsa County totals for Hepatitis B includes perinatal cases.

Surveillance Report

Tulsa Health Department (THD) each year analyzes Tulsa Area Syndromic Surveillance System (TASSS) data for specific seasonal illness. During the summer one condition monitored is heat-related visits to the emergency rooms. People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating is not enough. In such cases, a person's body temperature rises rapidly.

With hot summer weather approaching, the following steps are ways to prevent heat-related illness from affecting you:

- Drink plenty of cool, nonalcoholic beverages.
- Replenish salt and minerals your body loses when sweating.
- Wear appropriate clothing, such as lightweight clothing, and sunscreen.
- Schedule outdoor activities carefully by limiting activities to morning or evening hours.
- Stay cool indoors by seeking an air-conditioned environment.
- If you are outdoors, stay in the shade.
- Do not leave children or pets in the car.
- Monitor those individuals at higher risk such as: children and infants, elderly, overweight individuals and physically ill individuals.