This bacteria is commonly associated with chicken but may also be transmitted through any kind of animal product or food that has been contaminated (such as fresh vegetables) and has not been cooked adequately. By thoroughly cooking, Salmonella can be eliminated from food without leaving a toxin. Salmonella can also be introduced into food after cooking by cross-contamination or poor hygienic practices of food handlers. Salmonella might also be acquired through recreational water and live animal exposures.

Food handlers may also spread this disease via the fecal-oral route so it is extremely important that hands be washed after using the bathroom and again when reentering the kitchen.

Salmonella Facts

**Who is at risk**

Everyone. However, children are most likely to get sick and subsequent infections are usually less severe. Centers for Disease Control (CDC) reports 50,000 cases each year in the U.S. In Oklahoma, 301 cases were reported between January and August of 2007.

**Symptoms**

Mild to severe abdominal cramps, diarrhea (sometimes bloody), fever, nausea, and vomiting. May also become life threatening if blood infection occurs.

**Incubation period**

6 – 72 hours. Average 24 hours.

**Duration of illness**

About 4 to 7 days, but can last as long as 2 weeks.

**Prevention**

- Use thermometers to ensure that food is cooked or reheated thoroughly.
- Check food in thickest part of the item.
- Reheat to 165° F.
- Cook ground beef (hamburger) to 155° F, poultry items to 165° F, and seafood to 145° F. Maintain these cooking temperatures for 15 seconds.
- Adequate hand washing after handling raw meat products or going to the bathroom.

It is employees and management’s duty to ensure that food or food utensils are not being handled when diarrhea or vomiting symptoms are present. Please encourage your employees to share their health status with you.
<table>
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<tr>
<th>Key Principle</th>
<th>Hazard</th>
<th>Food Safety Message</th>
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| Protect food from Contamination | Microbiological & Physical Contamination | • Wash hands by lathering for a full 20 seconds.  
• Prevent bare-hand contact with ready-to-eat foods by using utensils, gloves, deli tissue, spatulas, tongs, etc.  
• Minimize bare-hand contact with ready-to-eat foods.  
• Store food in covered containers or original packaging.  
• Wash produce before cooking or serving.  
• Store food in clean, dry locations (6 inches above the floor) so it is not subject to splash, dust or other contaminants. |
| Prevent Cross-Contamination | Microbiological Contamination | • Clean and sanitize food thermometers before and after each temperature check of raw and ready-to-eat foods. |
| | Cross-Contamination | • Separate raw animal foods from ready-to-eat foods during storage, preparation, holding and serving.  
• Do not mix raw animal foods with cooked food.  
• Wash hands properly after handling raw animal foods. |