



South Central Public Health District

Prevent. Promote. Protect.

Twin Falls 737-5900 * Burley 678-8221 * Gooding 934-4477 * Bellevue 788-4335 * Jerome 324-8838 * Rupert 436-7185

SALMONELLOSIS (Salmonella)

What is salmonellosis?

Salmonellosis is an infection caused by bacteria. It usually affects the intestinal tract (gut) and sometimes the blood.

What are the symptoms of salmonella?

Symptoms usually include diarrhea, fever, headache, stomachache, nausea, and sometimes vomiting.

How does one get salmonella?

Eating or drinking contaminated food, water, or raw milk spreads salmonella bacteria. Feces from infected people or animals can also spread it. Animals that can carry salmonella include poultry (chicken and turkey), cows, dogs, turtles, lizards, snakes, and rodents. Eggs may be contaminated with salmonella.

How long does it take to get sick after exposure?

It takes 1-3 days for symptoms to appear, but it can take as little as 6 hours.

What can one do to prevent getting salmonella?

- * Always treat raw poultry, beef, and pork as if they are contaminated and handle as follows:
 - Wrap fresh meats in plastic bags at the market to prevent blood from dripping on other foods;
 - Refrigerate foods promptly; do not leave at room temperature;
 - Avoid eating raw or undercooked meats;
 - Ensure that meat is properly cooked -- particularly when using a microwave;
 - Wash cutting boards and counters used for preparation immediately after use to prevent contaminating other foods;
- * Avoid eating raw eggs or undercooked foods containing raw eggs;
- * Avoid drinking raw milk;
- * Wash hands after using the toilet and before and after preparing food;
- * Make sure children, particularly those who play with pets, wash their hands after such play;
- * Do not wash aquariums or terrariums in kitchen sinks. If you must use sinks or bathtubs for this activity, disinfect the area after this type of use.

How is salmonella treated?

Most people with salmonella will recover on their own; they may need fluids to prevent dehydration. Antibiotics and antidiarrheal drugs are generally not recommended for most cases with only intestinal symptoms (of the gut).

Can a person with salmonella serve food or attend daycare?

No. Persons with salmonella may not serve food or attend daycare until approved by District Health.

For more information, contact your local Health District office.