

# Salmonella Infection

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James R. Ginder, MS, WEMT, PI, CHES

Health Education Specialist

Hamilton County Health Department

[www.co.hamilton.in.us](http://www.co.hamilton.in.us)

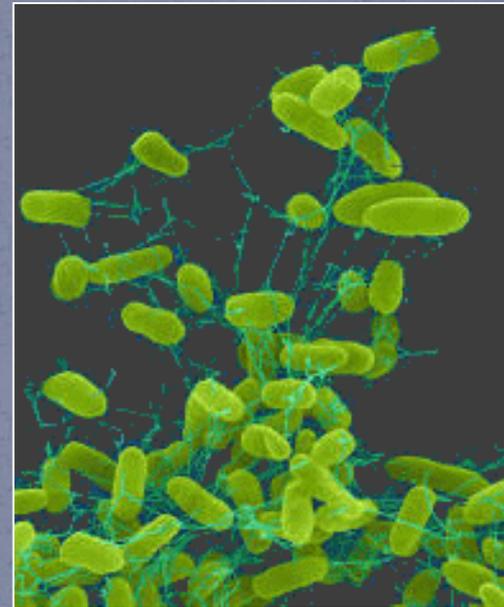
# Participants will be able to...

- Recall three signs and symptoms of Salmonella
- List three ways the bacteria can be transmitted
- Discuss three ways to prevent transmission
- Explain how to wash hands the proper way



# What is Salmonella...

- *Salmonella* is actually a group of bacteria that can cause diarrheal illness in humans
- There are many different kinds of *Salmonella* bacteria. *Salmonella* serotype Typhimurium and *Salmonella* serotype Enteritidis are the most common in the United States.
- *Salmonella* bacteria have been known to cause illness for over 100 years.



# How Common is Salmonellosis...

- Every year, approximately 40,000 cases of salmonellosis are reported in the United States.
- Many milder cases are not diagnosed or reported. The actual number of infections may be thirty or more times greater.
- Salmonella is more common in the summer than winter.
- Young children, the elderly, and the immunocompromised are the most likely to have severe infections. It is estimated that approximately 400 persons die each year with acute salmonellosis.



# How Do People Develop Salmonella...

- Salmonella live in the intestinal tracts of humans and other animals, including birds.
- Salmonella is usually transmitted to humans by eating foods contaminated with animal feces.
- Contaminated foods usually look and smell normal.
- Contaminated foods are often of animal origin, such as beef, poultry, milk, or eggs, but any food, including vegetables, may become contaminated.



# How Do People Develop Salmonella...

- *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 pets or pet feces.
- Reptiles, such as turtles, lizards, and snakes, are particularly likely to harbor *Salmonella*.
- Many chicks and young birds carry *Salmonella* in their feces.



# What Are The Symptoms...

- People exposed to salmonella bacteria may experience mild to severe diarrhea, abdominal pains, fever, and occasionally vomiting for several days.
- Bloodstream infections are infrequent, but can be quite serious, particularly in the very young or elderly.



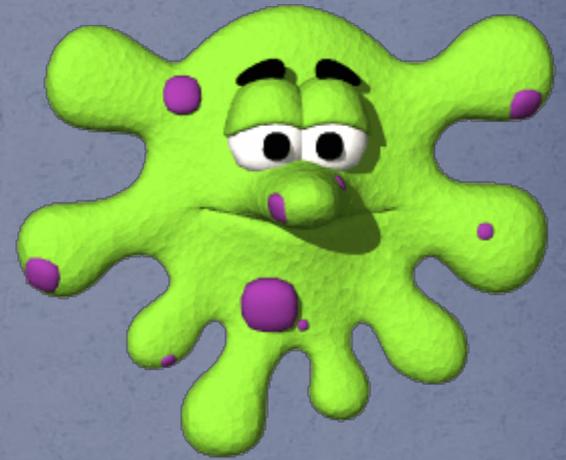
# How Soon Do Symptoms Develop...

- Symptoms generally appear 18 to 36 hours after exposure, but they can occur as quickly as 12 hours or as long as 72 hours after exposure.



# Salmonella In Stool...

- The time period that a person can have Salmonella in their stool (even after symptoms stop) is variable, usually several days to several weeks.
- A temporary carrier state may continue for months, especially in infants or people who have been treated with antibiotics.
- About 1% of infected adults and 5% of children under 5 years old shed Salmonella in their stool for over a year.



# Do People Need To Be Isolated...

- Since Salmonella is found in the feces, people with active diarrhea who are unable to control their bowel habits (e.g. infants, young children, certain individuals with disabilities) should be strictly supervised.
- Most infected people may return to work or school when their stools become formed, provided they carefully wash their hands after toilet visits.
- Food workers, health care workers and children in day care must obtain the approval of the local health department before returning to work.



# How Is Salmonella Diagnosed...

- Determining that *Salmonella* is the cause of the illness depends on laboratory tests that identify *Salmonella* in the stool of an infected person. Once *Salmonella* has been identified, further testing can determine its specific type.



# Treatment For Salmonella...

- Most people with salmonellosis will recover on their own or only require fluids to prevent dehydration.
- Antibiotics and antidiarrheal drugs are generally not recommended for persons with typical intestinal infections.
- Persons with severe diarrhea may require rehydration with intravenous fluids.



# How To Prevent Salmonellosis...

- Cook poultry, ground beef, and eggs thoroughly. Do not eat or drink foods containing raw eggs, or raw (unpasteurized) milk.
- If you are served undercooked meat, poultry or eggs in a restaurant, don't hesitate to send it back to the kitchen for further cooking.
- Wash hands, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- Be particularly careful with foods prepared for infants, the elderly, and the immunocompromised.
- Wash hands with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.



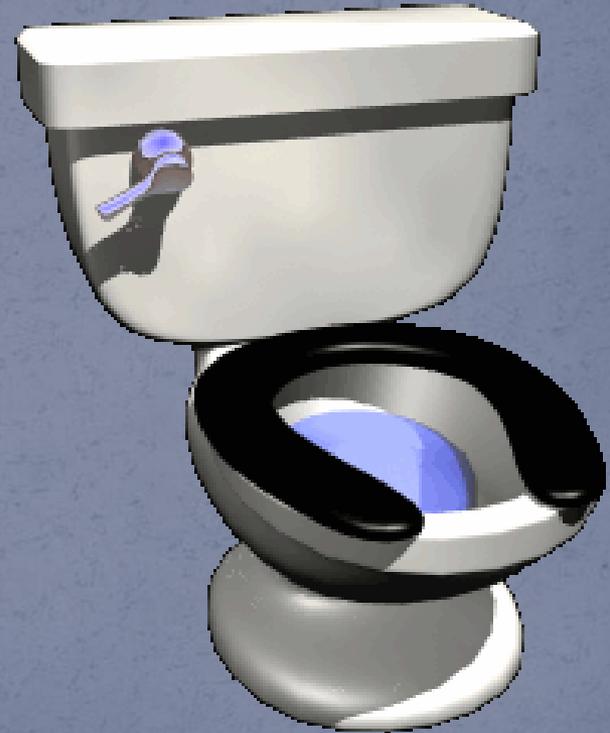
# How To Prevent Salmonellosis...

- Avoid direct or even indirect contact between reptiles (turtles, iguanas, other lizards, snakes) and infants or immunocompromised persons.
- Don't work with raw poultry or meat, and an infant (e.g., feed, change diaper) at the same time.
- Mother's milk is the safest food for young infants. Breastfeeding prevents salmonellosis and many other health problems.
- Make sure children wash their hands with soap before eating, especially after handling pets.

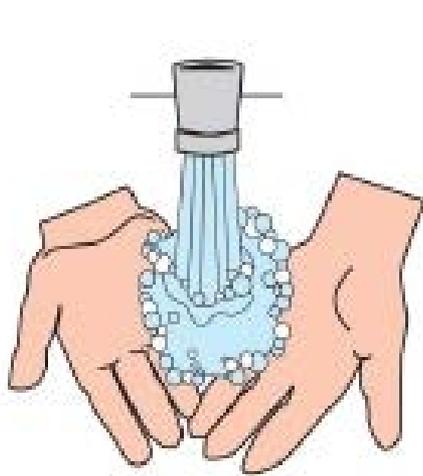


# How To Prevent Salmonellosis...

- Always carefully wash hands with soap after toilet visits.
- Carefully wash hands with soap before and after food preparation.



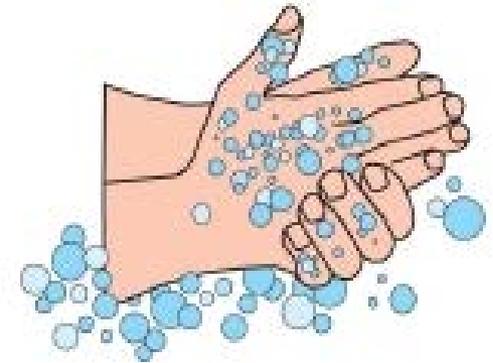
# HANDWASHING



**1. Wet hands**



**2. Use soap**



**3. Lather, rub Sing Happy Birthday twice (15- 20 seconds)**



**4. Rinse**

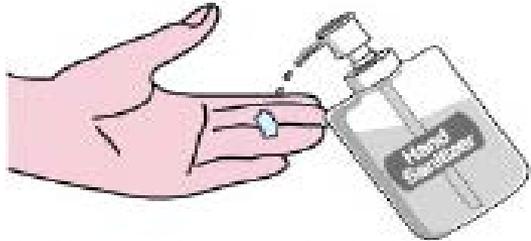


**5. Towel or air dry hands**

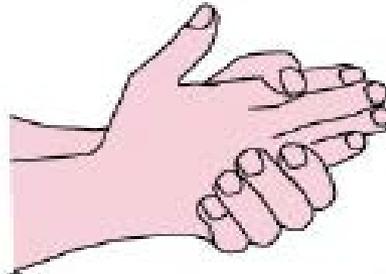


**6. Turn off water with towel or sleeve**

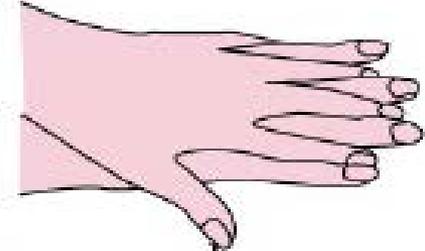
# HAND SANITIZER



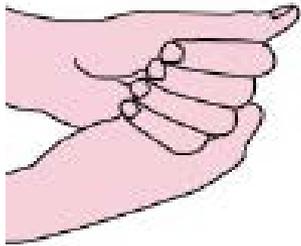
**1. Place a drop of alcohol-based hand sanitizer, the size of a dime in your palm.**



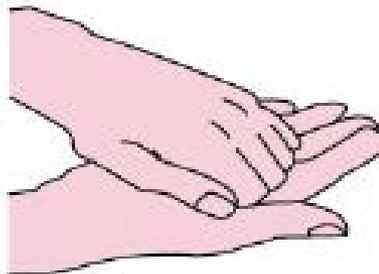
**2. Rub hands together; palm to palm.**



**3. Rub back of each hand with palm and interlaced fingers of the other hand**



**4. Rub around each thumb clasped in the opposite hand.**



**5. Rub fingertips of each hand backward and forward in the opposite hand.**



**6. Keep rubbing until your hands are dry. Paper towels are not needed**

# Sources...

- Center for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

- Wisconsin Department of Health Services

<http://dhs.wisconsin.gov/communicable/Index.htm>

