

Salmonellosis

Definition:

Salmonellosis is caused by a bacteria called *Salmonella*.

Signs and symptoms:

Symptoms include diarrhea, fever and abdominal cramps. Illness lasts for 4 to 7 days.

Transmission:

Salmonellosis is primarily transmitted to a person through swallowing the bacteria from a contaminated item. Illness may result from consumption of contaminated food, unpasteurized (raw) milk, water that has not been disinfected, or contact with cattle, chickens or the feces of infected people or animals.

Diagnosis:

Salmonellosis is diagnosed by clinical symptoms and laboratory tests. Laboratory tests include testing of stool, blood, urine or other body fluid for the presence of salmonella bacteria.

Role of the School Nurse:

Prevention

- Provide education to students and staff regarding good hand washing with soap and water
- Promote proper hand washing after handling animals, especially reptiles and baby chicks or ducks or avoid having reptiles and baby chicks or ducks in the classroom
- Avoid swallowing water when swimming or playing in lakes, ponds, streams, and any swimming pools (including backyard “kiddie” pools)
- Exclude symptomatic students and staff from school and school trips, especially involving swimming
- Provide education on good food safety practices
- Promote washing of fruits and vegetables
- Avoid unpasteurized dairy and juice products

Treatment Recommendations

- If symptoms are noted, the child should be referred to their primary care provider for treatment
- Non-specific supportive therapy, including hydration, is important
- Antibiotics should not be used to treat salmonellosis, except for severely ill and hospitalized individuals

Exclusions

- Students should be excluded from school while symptomatic with diarrhea
- Educational modifications may be warranted in children with a positive diagnosis
- See Maine Food Code for exclusions for staff handling food

Reporting Requirements

- Salmonellosis is a reportable disease – report to Maine CDC at 1-800-821-5821

Resources:

- Maine CDC salmonella website (including fact sheet)
<http://www.maine.gov/dhhs/boh/ddc/epi/disease/salmonellosis.shtml>
- Maine Food Code: <http://www.maine.gov/dhhs/mecdc/environmental-health/el/rules.htm>
- DOE Child Nutrition Services <http://www.maine.gov/education/sfs/index.html>

- Federal CDC Salmonella website <http://www.cdc.gov/salmonella>
- USDA food safety website http://www.fsis.usda.gov/food_safety_education/index.asp
- FDA food safety website <http://www.fda.gov/Food>
- Federal CDC raw milk website <http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>
- Federal CDC healthy swimming website <http://www.cdc.gov/healthywater/swimming/>