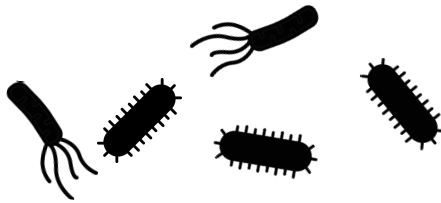


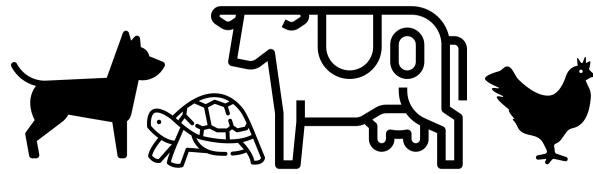
# Salmonellosis

## Fact Sheet

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Salmonellosis is an illness caused by a group of bacteria called *Salmonella*. It is a major cause of diarrheal illness in the United States.



*Salmonella* bacteria are found in the stool of sick and healthy people and animals. Pets and farm animals can carry the bacteria and spread *Salmonella*.

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## Common Signs and Symptoms



Diarrhea



Nausea and Vomiting



Stomach Pain



Fever

Headache is another common symptom. Signs and symptoms usually start 6 to 72 hours after exposure and can last up to a week. The elderly, infants, and people with weak immune systems are more likely to have severe illness. Some infected people do not have any symptoms.

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You should not work if you are sick with salmonellosis. This is especially important if you are a food handler, child care worker, or healthcare worker.

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Talk to your doctor if you think you have salmonellosis. Your doctor may ask for a stool sample to send to a laboratory. Most people do not need treatment. Few people with salmonellosis get very sick and may need antibiotics.

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# Spread of Salmonellosis

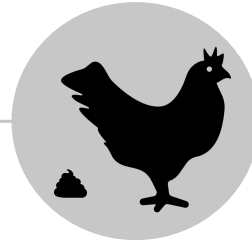
People can get sick with salmonellosis through:



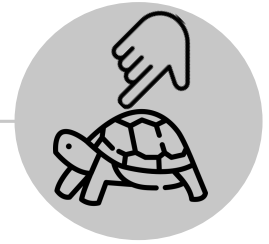
Eating Contaminated Food



Poor Hand Hygiene



Contact with Stool of Infected Animals



Touching Reptiles

Foods commonly linked with salmonellosis include eggs, egg products, meat, meat products, poultry, milk, and dairy products. Fruits and vegetables can also have the bacteria. Many pets and farm animals including dogs, cats, turtles, reptiles, chicks, poultry, cows, and pigs can carry the bacteria.

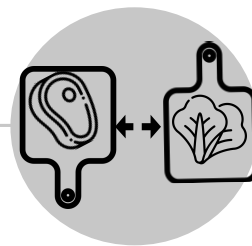
## Prevent Salmonellosis



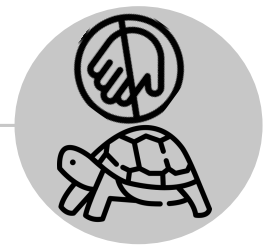
Cook All Food Products Thoroughly



Do Not Eat Raw Eggs or Drink Raw Milk



Use Separate Cutting Boards for Raw and Cooked Meat and Vegetables, Fruit, or Cheese



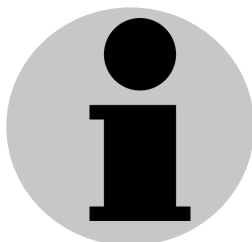
Do Not Let Children Touch Reptiles



Always Wash Your Hands With Soap And Water:

- Before eating and before and after preparing food
- After using the toilet or changing diapers
- After touching animals
- If you are taking care of someone with salmonellosis after cleaning the bathroom, helping with toileting, changing diapers, or touching soiled clothing or linens

## For More Information, Visit:



1. [www.maine.gov/dhhs/salmonella](http://www.maine.gov/dhhs/salmonella)
2. [www.cdc.gov/salmonella](http://www.cdc.gov/salmonella)

You can also call Maine CDC at 1-800-821-5821.