

# Salmonella

## What is *Salmonella*?

- *Salmonella* are bacteria that affect the stomach and intestines.
- *Salmonella* is more common in the summer than winter.

## How does *Salmonella* spread?

- Person-to-Person: Swallowing infected water.
- Animal-to-Person: Contact with animals, specifically birds, rodents and reptiles, and their feces.
- Food-to-Person: Eating undercooked meat or eggs; consuming food or liquid handled by a sick person who did not wash their hands well; or drinking raw (unpasteurized) milk.

## What are the symptoms?

- You may get diarrhea (sometimes bloody), stomach cramps, and fever.
- Symptoms usually begin 12-72 hours after exposure.
- Most people get better within 5–7 days.
- Severe, even life-threatening, illness is possible for young children, the elderly, and those with health problems.
- Children and pregnant women should take special care to avoid dehydration, and consult a health care provider on preventing dehydration.

## How do I stop the spread?

- Cook chicken, ground beef, and eggs thoroughly.
- Do not eat or drink foods containing raw eggs, or raw (unpasteurized) milk.
- Do not eat undercooked meat, chicken, or eggs in a restaurant.
- Wash hands, work surfaces, and items with soap and water immediately after diaper changing or contact with raw meat or chicken.
- Prepare foods carefully for infants, the elderly, and those with health problems.
- Wash hands with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.
- Avoid direct or even indirect contact between reptiles (turtles, iguanas, other lizards, snakes) and infants or persons with health problems.
- Do not work with raw chicken or meat, and an infant (e.g., feed, change diaper) at the same time.
- Mother's milk is the safest food for young infants and may prevent salmonella.

## Where can I find more information?

- Go to [cdc.gov](http://cdc.gov) and type *Salmonella* in SEARCH box.



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800-338-8374 [www.alabamapublichealth.gov/infectiousdiseases](http://www.alabamapublichealth.gov/infectiousdiseases) 11/01/2017