

Prevention and Control Measures: Salmonella

Transmission:

- Salmonella, bacteria that affects the stomach and intestines, is more common in the summer than in the winter.
- Salmonella can be spread from person to person, animal to person, or food to person when the bacteria enters the digestive system. The bacteria can come from contact with human or animal feces or from eating certain foods, such as raw or undercooked meat or raw egg.



Symptoms:

- Salmonella can cause diarrhea (sometimes bloody), stomach cramps, fever, and sometimes nausea, vomiting, and headaches beginning 6 hours-6 days after infection. The illness usually lasts 4-7 days.
- You should call your doctor if you have a fever higher than 102°F, diarrhea for more than 3 days with no improvement, bloody stools, prolonged vomiting, or signs of dehydration.
- 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.

Prevention and Control Measures:

- Practice proper [hand washing hygiene](#).
- Cook chicken, ground beef, and eggs thoroughly and 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 and work surfaces immediately after diaper changes or when handling raw meat or chicken.
- Carefully prepare foods 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 and indirect contact between these animals and those with health problems.
- Do not work with raw chicken or meat and an infant (e.g. feed, change diapers) at the same time.
- Breastmilk is the safest food for young infants and may prevent salmonella.

For More Information: Visit [cdc.gov](https://www.cdc.gov) and type [Salmonella](#) in the SEARCH box.



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