



Salmonella Infection

What is *Salmonella*?

Salmonella is a bacterial infection that can make people sick. The illness people get from a *Salmonella* infection is called salmonellosis.

How does *Salmonella* spread?

You can get *Salmonella* infections if you:

- Eat raw or undercooked foods such as meat, poultry, or eggs
- Eat cooked foods that came in contact with contaminated raw food
- Eat foods or drinks contaminated by an infected person
- Are in close contact with a child or adult who has *Salmonella*
- Come in contact with infected animals or their feces. High risk animals include reptiles, amphibians, and live poultry.

What are the symptoms?

Most people infected with *Salmonella* feel sick between 12 and 72 hours after infection. The illness usually lasts 4 to 7 days. Symptoms include:

- Diarrhea
- Fever
- Stomach pain
- Vomiting
- Headache

How serious is *Salmonella* infection?

Most people will recover without treatment. Young children, older adults, and people with weakened immune systems are more likely to have severe illness. Some severe cases can result in hospitalization and, in rare cases, can lead to death.

How is *Salmonella* infection treated?

Salmonella infection usually resolves in 5-7 days. Drink plenty of liquids to prevent dehydration. If your illness progresses, please consult your healthcare provider.

Can *Salmonella* infection be prevented?

- Eat thoroughly cooked meats, poultry, fish, and eggs.
- Eat only pasteurized milk and dairy products.
- Wash fruits and vegetables.
- Prevent cooked foods from being contaminated by raw foods.
- Wash hands after touching animals/pets, animal feces, or items contaminated with animal feces.
- Don't use food preparation areas to bathe pets or to wash their dishes, cages, or aquariums.

SOURCES: <https://www.cdc.gov/salmonella/index.html>

