



# Salmonella

## What is Salmonella?

Salmonellosis is an illness caused by Salmonella, a bacteria which is commonly found in the intestines of domestic and wild animals including poultry, swine, cattle, iguanas, terrapins, and also humans.

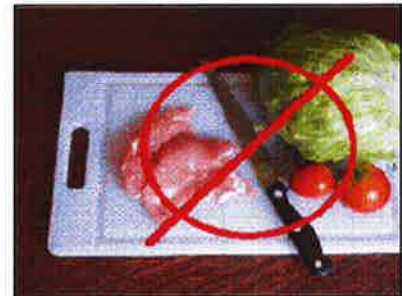
## When did I get it?

Symptoms can appear from 6 - 72 hours, but usually about 12 - 36 after being infected.

## How did I get it?

From any of the following sources:

- From handling raw meat especially poultry.
- From eating undercooked meat, poultry, egg products or other contaminated food products.
- Untreated milk or dairy products.
- From direct contact with animals e.g. handling reptiles.
- From close contact with another infected person.



## What are the signs and symptoms?

- Diarrhoea
- Cramping/abdominal pain
- Fever
- Nausea/vomiting

However, not everyone infected has symptoms.



## How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Salmonella infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).



- If you or a member of your household is receiving cancer therapy treatment (or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



#### How can I prevent contracting Salmonella?

- Wash your hands thoroughly with soap and warm water:
  - before preparing and eating food,
  - after handling raw food,
  - after going to the toilet or changing a baby's nappy,
  - after contact with pets and other animals.
- Thoroughly cook all foodstuffs derived from animal sources, particularly poultry, pork, egg products and meat dishes.
- Avoid recontamination within the kitchen after cooking is completed.
- Avoid consuming raw or incompletely cooked eggs.
- Pasteurised egg products should be used when the dish containing eggs is not subsequently cooked.
- The laying flock of 'Lion Quality Marked' eggs have been inoculated against Salmonella enteritidis. This has reduced the number of eggs contaminated with the bacteria.



#### Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

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