



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...Salmonellosis

What is salmonellosis?

Salmonellosis (sal-mun-nel-lo-sis) is a disease caused by *salmonella* bacteria. *Salmonella* bacteria are found in the intestines of many healthy animals, including poultry, farm animals and pets (dogs, cats, and birds), wild birds, reptiles, and frogs. There are many types of *salmonella* bacteria, and most can make humans sick. People can have mild diarrhea to serious disease.

What are the symptoms of salmonellosis?

- Diarrhea, **which may have blood**
- Stomach cramps
- Fever
- Upset stomach
- Vomiting

You can begin feeling sick in 12-36 hours (range of 6-72 hours) after exposure and can be sick for 4-7 days. Sick people may carry *salmonella* in their bodies for weeks or months without having any symptoms and make others sick.

How is salmonellosis spread?

Salmonella is passed in the stool, and people become sick by eating feces from a sick animal or person. There are many ways to become infected with *Salmonella*:

- Eating contaminated foods:
 - Raw or undercooked eggs, seafood, meats, or poultry
 - Raw dairy products
 - Unwashed raw fruits, vegetables, or herbs that have been in contact with feces, raw meats, fertilizers, or untreated water.
- Drinking untreated water
- Having direct contact with the stool of sick livestock, birds, petting zoos, and reptiles.

- Having contact with a sick person's stool.

Who is at risk for getting salmonellosis?

Anyone can become ill, but young children, senior adults, pregnant women, and immune suppressed persons (such as patients on cancer drugs and with organ transplants) are at high risk for illness.

How do I know if I have salmonellosis?

A person having diarrhea lasting more than 24 hours should talk to a doctor. The health care provider may collect a stool sample to test.

How is salmonellosis treated?

Most people get better in 5 to 7 days without treatment. Since diarrhea can cause dehydration, an ill person should drink plenty of fluids. Medicine is used in severe cases only.

How is salmonellosis prevented?

- Wash hands with soap and water after using the restroom; after helping someone with diarrhea and/or vomiting; after contact with animals and reptiles; after swimming; before, during, and after making food.
- Clean food preparation work surfaces, equipment, and utensils with soap and water before, during, and after making food.
- Separate raw and cooked foods.
- Maintain safe food temperatures.
- Do not eat undercooked meat, poultry, eggs, raw dairy products, and unwashed produce.
- Use treated water for washing, cooking, and drinking.
- Wash hands after contact with livestock, petting zoos, pets (including reptiles and frogs) and after contact with pet food/treats.
- Do not clean pet or reptile cages in the kitchen sink or in the bathtub.

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/salmonella/>

Food and Drug Administration, Food Facts for Consumers:
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm>

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